

ROGUE COMMUNITY COLLEGE

Green Zone

Recognized by veterans
as a safe place

GREEN ZONE
MILITARY FRIENDLY



ROGUE COMMUNITY COLLEGE
VETERAN SERVICES



AN INITIATIVE TO SUPPORT STUDENT VETERANS AND EDUCATE THE CAMPUS COMMUNITY

Hosted by:

RCC Veteran Services:

Nikki Johnson, MBA | Veterans Coordinator - RWC

Rene McKenzie, Ph.D. | Director of Student Programs

Will Riddle, BS | Veterans Coordinator - RVC

**Adapted from University of Tennessee at Chattanooga and
Virginia Commonwealth University Green Zone Programs**



for the Green Zone

- Student Veteran Resources at RCC, Federal, & State
- Student Veteran GI Bill
- Student Veteran Transition into College
- Understanding Post Traumatic Stress Disorder (PTSD) & Traumatic Brain Injury (TBI)
- Student veterans will know you are a Green Zone Faculty Instructor

VISIT RCC Veteran Services

<http://web.roguecc.edu/veterans-services>



This is a great resource for our campus.

It includes:

- RCC Veteran Services Resources
- Local, State, & Federal Resources
- Getting Student Veterans started at RCC
- RCC Veteran Resource Centers

WHY

AM I HERE?

- Empower student veterans
- Provide a safe space for student veterans
- Understanding student veterans
- Learn about resources
- Understand the expectations of the Green Zone

Student Veterans at RCC

2017-2018

- 850 Student Veterans overall
- 425 student Veterans with a GI Bill
 - CH 33 (Post 9/11) = 294
 - CH 30 = 20
 - CH 31 = 34
 - CH 35 = 66
 - CH 1606 = 11

WHO IS A GREEN ZONE ALLY?

Staff, faculty, and students who identify themselves...

- someone who knows the issues and concerns faced by student veterans
- someone who is available to assist student veterans
- a sympathetic ear
- someone who helps student veterans find the appropriate resources

****They are NOT expected to be experts who can “solve” the problems.***

Change the World by Make Your Bed - by Admiral William McRaven



<https://www.youtube.com/watch?v=U6OoCaGsz94>

THE MILITARY EXPERIENCE

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Military Experience



Why do people join the military?

- Education
- Money
- Medical Coverage
- A Career
- Travel
- Camaraderie
- Direction
- Real World Skills
- Honor
- Maintain a family legacy

** O'Brien, M. (2011).*

Student Veterans in Higher Education

**2.4 million service men & women have served in OIF (Operation Iraqi Freedom) and OEF (Operation Enduring Freedom).



MILITARY EXPERIENCE DEPLOYMENTS



Deployments last from 6-18 months

Multiple deployments

- Some serve more than one deployment before being discharged from the military
- Over 350,000 have experienced two or more deployments

GI BILL

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STUDENT VETERANS ARE...

- From all branches of the military
- Range in age, race/ethnicity, and gender
- Have served during times of war and peace
- Have different education goals
- Likely to have families



A student veteran or military member can
sometimes feel like Billy Madison...



USING YOUR GI BILL
EXACTLY HOW IT FEELS

STUDENT VETERANS IN HIGHER EDUCATION

POST - 9/11 GI BILL A NEW BILL FOR A NEW CENTURY

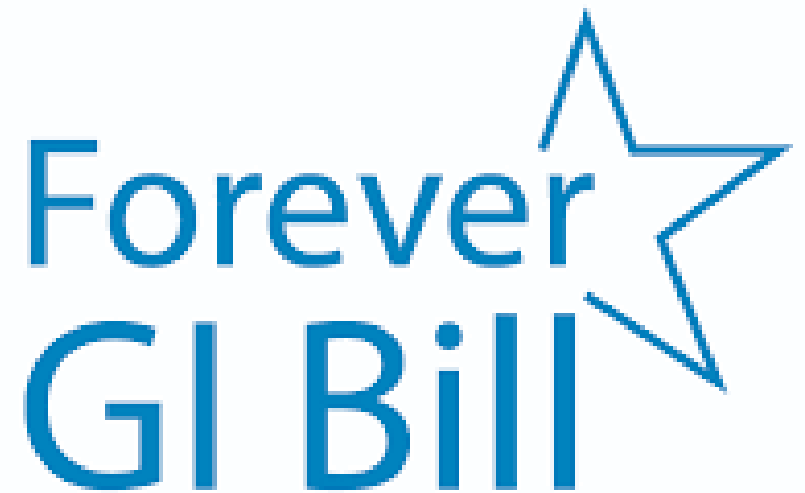


**The 2009
amendments to the
GI Bill resulted in
extended benefits for
veterans that include:**

- 36 months of in-state tuition
- Housing Allowance
- Book & supplies
- Transferability option

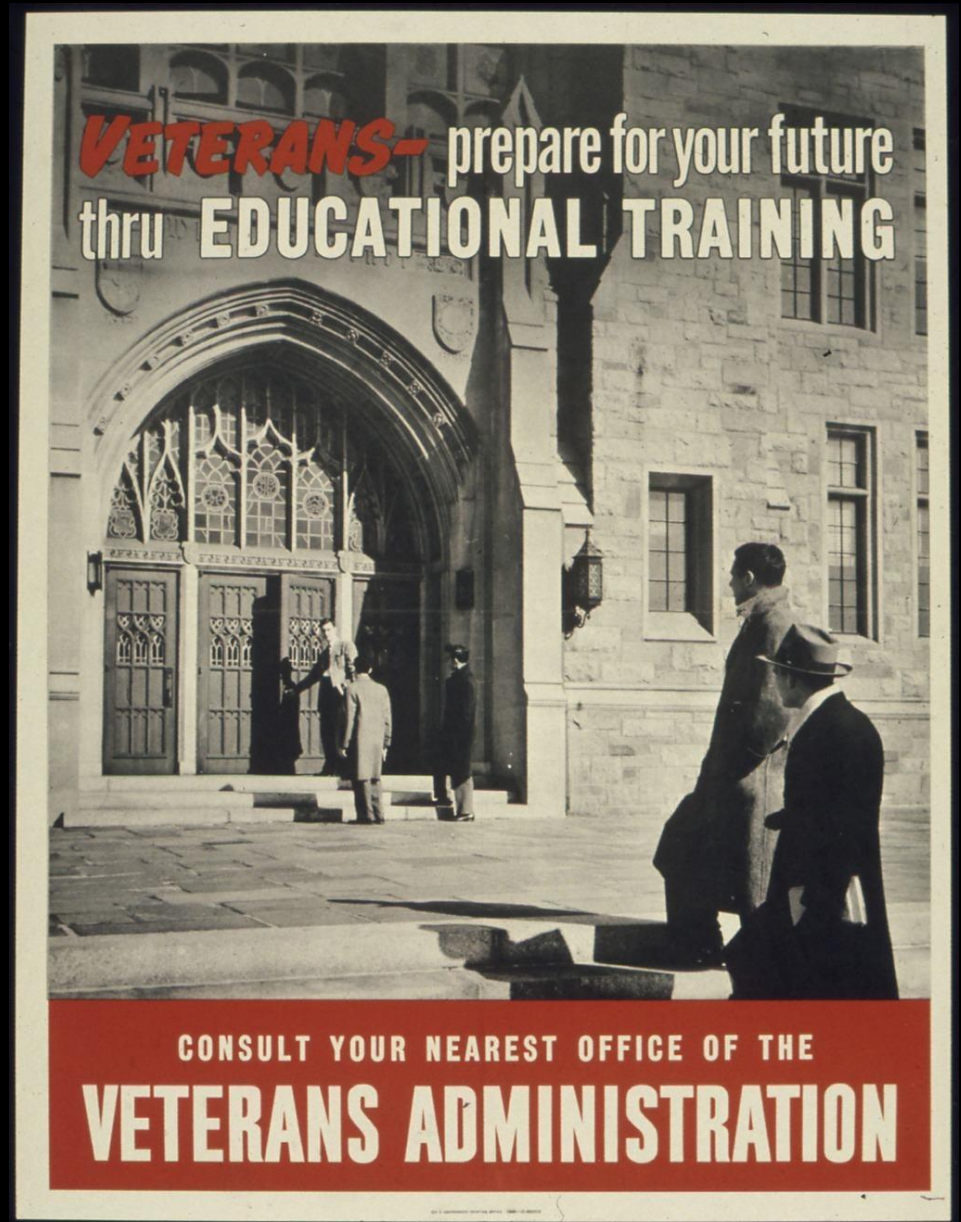
Forever GI Bill | Harry W Colmery Educational Assistance Act-CH 33

- Elimination of 15 year Limitation
- Priority Enrolled
- REAP (1607) is Eligible credit toward CH 33
- Using GI bill at Tech School or accredited independent study programs



OTHER GI BILL CHAPTER BENEFITS

- **CH 30**-*Montgomery GI Bill*
- **CH 31**-*Disabled Voc Rehab Program*
 - *Tuition & Fees Paid*
 - *Book Stipend*
 - *Monthly Stipend*
- **CH 35**-*Survivor and Dependents ED Program*
- **CH 1606**-*MGIB Selective Reserve*



Schedule Classes

- See Academic Advisor-Veterans Coordinator
- Priority Registration
- Check your Degree Audit
- Classes must be required for program
- Full Time status, 12 crs (must go the full length of term)
- Summer Term 8 crs= full-time



REPORTING GRADES TO VA



- cannot retake classes with passing grade
- may only retake classes with D and F grades (punitive grade)

report W and Z grades to VA (non-punitive grade)

Difficulty using the GI Bill

➤ Late fees & payments

CASE STUDIES

GREEN ZONE
MILITARY FRIENDLY



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Scenario #1

A Student Veteran approaches you because she is struggling in her classes. She goes to class every day, takes notes, and allots time each day to study. She feels frustrated because no matter how much time she puts into it, she is not getting the grades she wants.

How do you help her?

Possible Solutions #1

- Ask the student veteran if she has always had difficulties with school work, or if this is new for her
- Assist the student veteran in searching for classroom help
 - Ask her if she is in a study group or would want to join one
 - Recommend talking to her instructor or counselor
- If she acknowledges that she has a disability, ask if she has gone to the Disability Services to see if she is eligible for accommodations
- Have a discussion about her well being...EX: Is she sleeping and eating well?
- Have a discussion about her academic success and implications for her GI Bill

Scenario #2

A Reservist sees the “Green Zone” sticker on your door and comes in because she has received orders for a week long training that will occur during the middle of the semester. She has an exam during that week and her professor states in the syllabus that there are absolutely no make-up exams.

Is this allowed?

Possible Solutions #2

1. Go to the Veteran Coordinator. They will help with the appropriate forms (online or hardcopy on the RCC on-line) as well as discuss re-enrollment and withdrawal options.
2. The student should ask about their financial aid situation, see Rogue Central.

Scenario #3

A Student Veteran comes to you because he is frustrated about his classes. The material he is learning is exactly what he learned while he was in the military. He does not understand why he has to repeat the course.

What do you do?

Possible Solutions #3

- Empathize with his frustrations
- Treat this student like any other who has come to you with an issue
- Explain the advantages of already having the experience and knowledge
- Explain how he can help others in his class and take a leadership role
- Ask questions about his major and experience in the military
- Help him schedule an appointment with his academic advisor

TRANSITIONING FROM BASE TO CAMPUS

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What soldiers may experience while down range...



Kabul, Afghanistan

Rogue Community College,
Higher Learning Center (HEC)



TRANSITION STRENGTHS

- Military training
- Life experience
- Established Identity
- A more worldly view
- Leadership
- Motivation
- Time Management
- Work Ethic
- Stress Management





TRANSITION DIFFICULTIES

Barriers to Success

- Switching gears
- Military skills & training may not translate into college credits
- Older student-85%-over 24 years old
- Difficult to integrate with other students and faculty
- Insensitive classmates, faculty, and others regarding military
- May not agree with class discussions, feel attacked



TRANSITION TO CLASSROOM

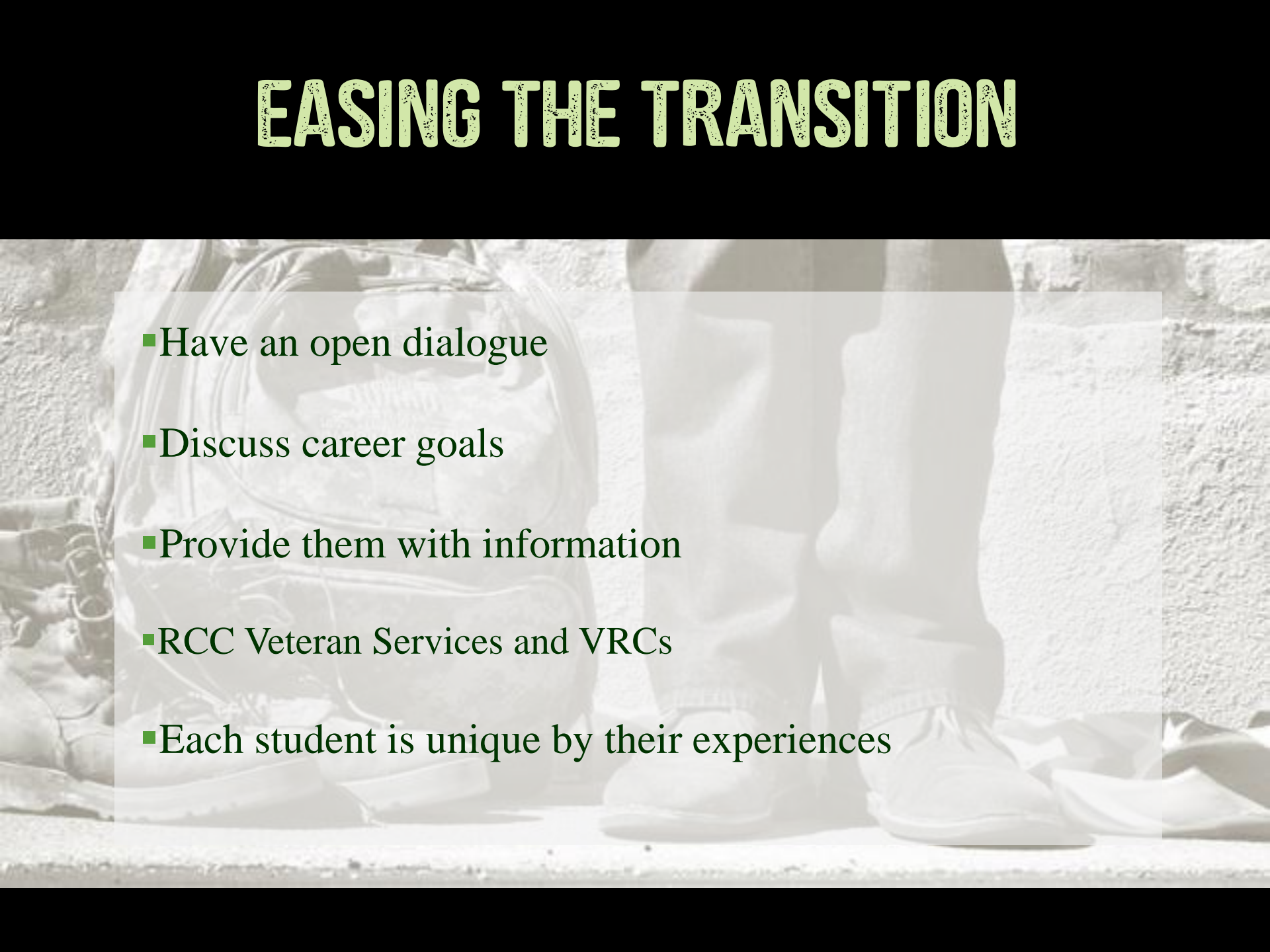
- Difficulty relating to classmates
- Loud noises
- Change may trigger anxiety
- Tend to have excessive absences
- May have PTSD or TBI

SUGGESTED QUESTIONS TO ASK STUDENT VETERANS

- Express appreciation for their service.
- What branch of service?
- How long they were in the military?
- What was your job or specialty?
- How many deployments – When? Where?
How long?
- How has your experience at the university/community college been?
- Could you be called back to active duty?
- Can you still be deployed?
- Do not ask how they were injured.
- Do not ask if they have killed someone.



EASING THE TRANSITION

- 
- Have an open dialogue
 - Discuss career goals
 - Provide them with information
 - RCC Veteran Services and VRCs
 - Each student is unique by their experiences

Understanding Student Veterans

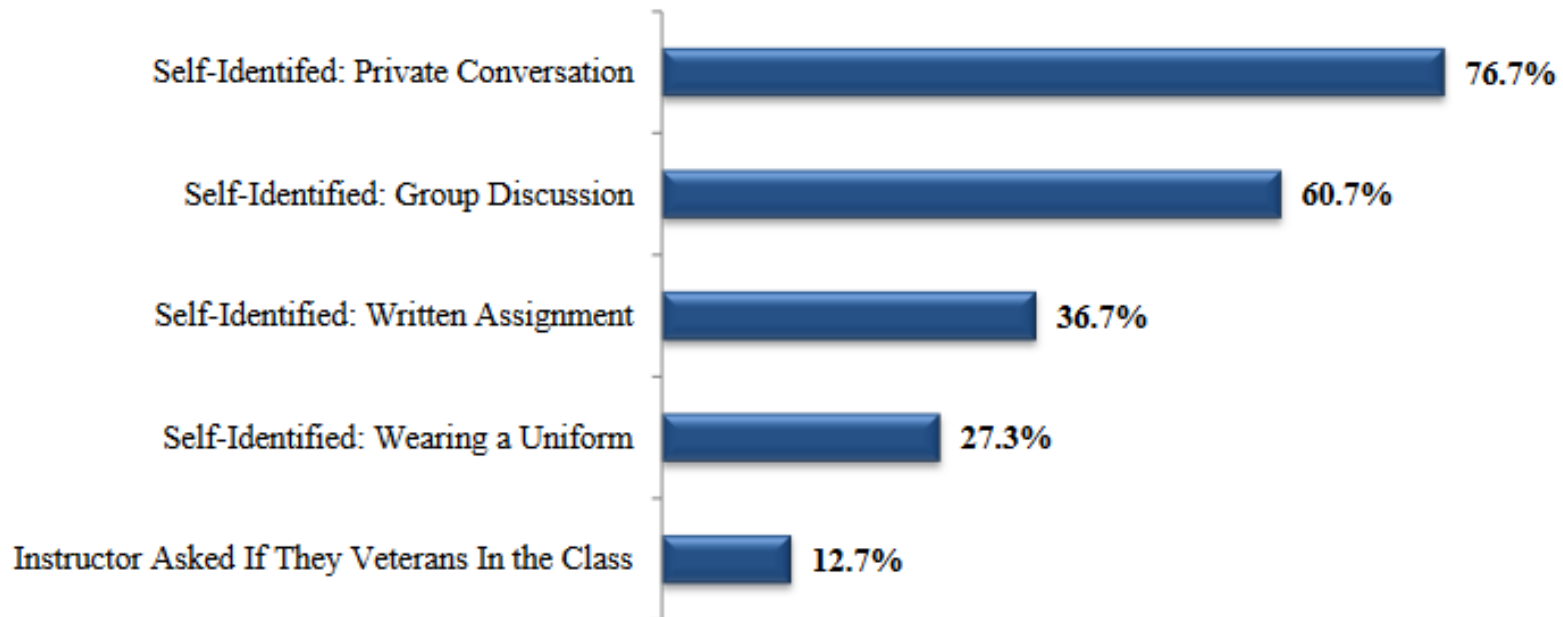
What Student Veterans want to know:

- “We are having normal reactions to an abnormal experience.”
- “No two veterans are alike.”
- “Each of us has had different experiences.”
- “Do Not assume that you know my politics or beliefs just because I was in the military.”
- “I may or may not be ready to talk about my experiences.”
- “Trust can be an issue for me.”
- “Being friendly and listening can go a long way toward building trust.”
- “Do Not be afraid of me.”
- “We are accustomed to being successful and may be too proud to ask for help.”



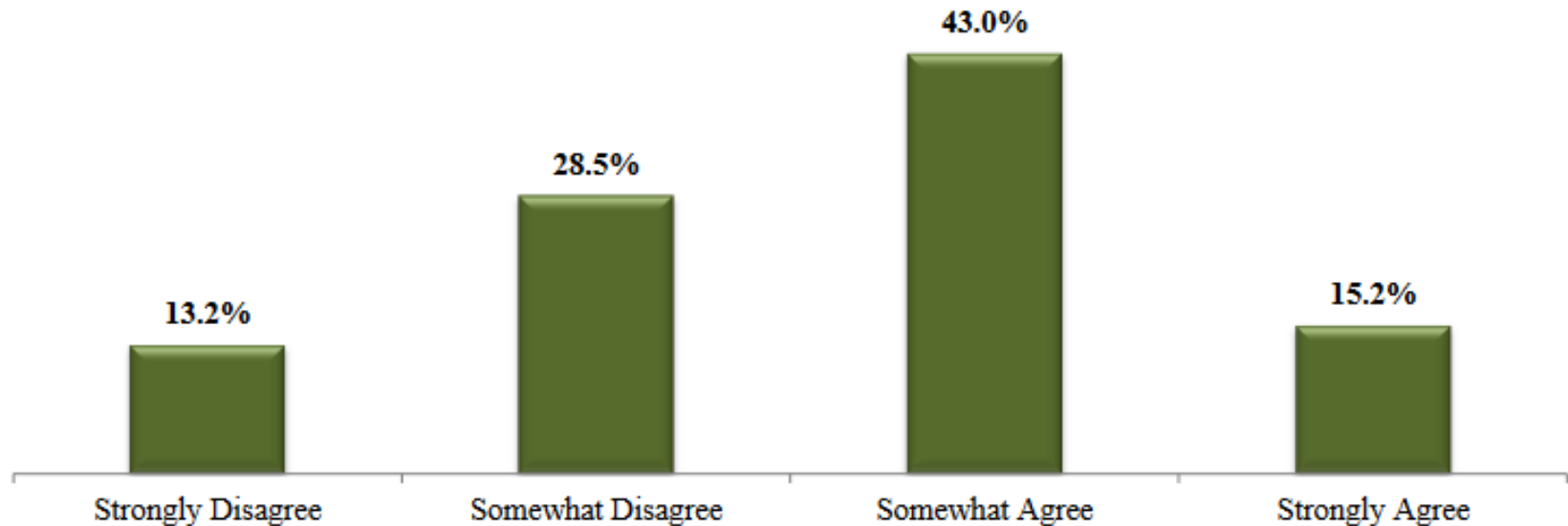
INSTRUCTORS

Chart 2: How were Veterans Identified by Faculty? (*n*=160)



NEEDS FOR STUDENT VETERANS

Chart 10: Faculty should be held responsible for understanding the needs of student veterans
(*n=151*)



Things To



- Student Veterans are a unique
- Numerous ways to help Student Veterans
- Developing trust with Student Veterans
- Following-up with your Student Veterans

WHAT CAN YOU DO

- Webinars and trainings
- Express understanding in class/syllabus
- Stress importance of communication
- Be transparent, supportive and inclusive
- Refer to Veteran Coordinators



WHAT RCC IS DOING

Boots to Books (B2B)



Green Zone Military Friendly Training



CG100V (College Success and Survival Veterans Only Student Veteran class



Veterans Club RCC SVO

- * Project 22
- * Veteran's Appreciate Days
- * Donuts and Coffee Day
- * Student Veterans Study Jam



VRC Redwood Campus



VRC Riverside Campus

- Student Veterans Work-Study program
- Student Veterans Mentorship Program

CASE STUDIES

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Scenario #4

A Student Veteran sees the “Green Zone” sticker on your door and decides to stop in to chat. She is having difficulty deciding on a major. She has a lot of skills from her military experience but is not sure she wants to stay on that path.

How do you help her?

Possible Solutions #4

Under the G.I. Bill requirements, Student Veterans must declare a major, which may cause additional stress

Listen to the student and ask questions about her military training

Ask what she enjoyed the most; encourage her think about whether or not she is interested in transitioning those skills into her education and future career

Ask her “Where do you see yourself in 5 years/10 years?”

Suggest to her to see the Veterans Coordinator or Career Services

Many websites have been created to assist veterans in translating their military skills to civilian jobs

- <http://www.military.com/skills-translator/mos-translator>
- <http://www.careerbuilder.com/Article/CB-517-Job-Search-Translating-Your-Skills-From-Military-Jargon-to-Civilian-Language/>

Scenario #5

A Student Veteran comes to you for his scheduled academic advising appointment. During the session he mentions that he did two tours in Iraq.

How do you respond?

Possible Solutions #5

- Show genuine interest
- If the Student Veteran wants to talk about his experience, listen and provide a safe environment to the student.
 - Listening to the Student Veteran can go a long way toward building rapport.
- If you have limited time to be with the Student Veteran, express your interest in his service and set up another appointment to further discuss his experiences
 - Ask how his experiences may be helping or hindering his student experience
 - Remember that every situation is going to be different

Scenario #6

A Student Veteran comes to you because he is nearly on academic probation. He has trouble getting to class because it is a struggle for him to get out of bed most days.

How do you help him?

Possible Solutions #6

- Have an open dialogue about the classes that he can not wake up for
 - It may simply be that he does not have an interest in the classes and can not wake up for them
 - Is he struggling with these same issues in other areas of his life?
- Look for signs of anxiety and depression
 - Refer to Counseling Service or Veteran Coordinator
- Provide information about available resources
- Encourage student to meet with his Veterans Coordinator
- Follow up with the Student Veteran to see how he is doing

Scenario #7

A Student Veteran comes to you because he feels very alone on campus. He was used to being constantly surrounded by individuals who share his goals and values. Since he has come to campus, he has not met anyone like that. He feels isolated and alone.

How do you help this student?

Possible Solutions #7

Inform him of what resources are available on campus:
Veterans Resource Center

- RC Student Veteran Organization (SVO)

Ask the Veteran what interests him or her

- Suggest joining student groups on campus that have similar interests-ASG.

Pay attention to signs of depression or suicidal thinking

- Refer to Counseling or Veterans Coordinator

Follow-up with student

RCC DISABILITY SERVICES

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ROGUE COMMUNITY COLLEGE
VETERAN SERVICES



CONSIDERING THE NEEDS OF STUDENT VETERANS WITH DISABILITIES

- Become familiar with RCC Disability Services
- Students may need extra help and understanding
- Provide contact information-Veteran Resource Center
- Assistance in accessing Disability Services

CONCERNS OF STUDENT VETERANS



Barriers to seeking help

- Stigma regarding counseling and help-seeking
- Concerns about confidentiality
- Worries about being labeled
- Fears of acknowledging their own pain
- Concerns about being judged

Is the name of the office a barrier?

DISABILITY SERVICES

ACCESSIBILITY RESOURCES

CENTER FOR ACCESS



Types of Disabilities

Sensory – Vision, Hearing and Speech

Mobility – Orthopedic, Neurological

Learning – Dyslexia, Dyscalculia

Psychological – ADHD, Anxiety,
Depression and PTSD

TBI – Strokes, Post concussive
syndrome

Other Medical Conditions- Diabetes,
Crones, Epilepsy, MS, Carpel Tunnel



Built Environment

INSPIRED BY A PUBLIC SCHOOL STUDENT WITH DISABILITIES



CLEARING A PATH
FOR PEOPLE WITH SPECIAL NEEDS
CLEARS THE PATH FOR EVERYONE!

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Inaccessible to Accessible vs Universal Design



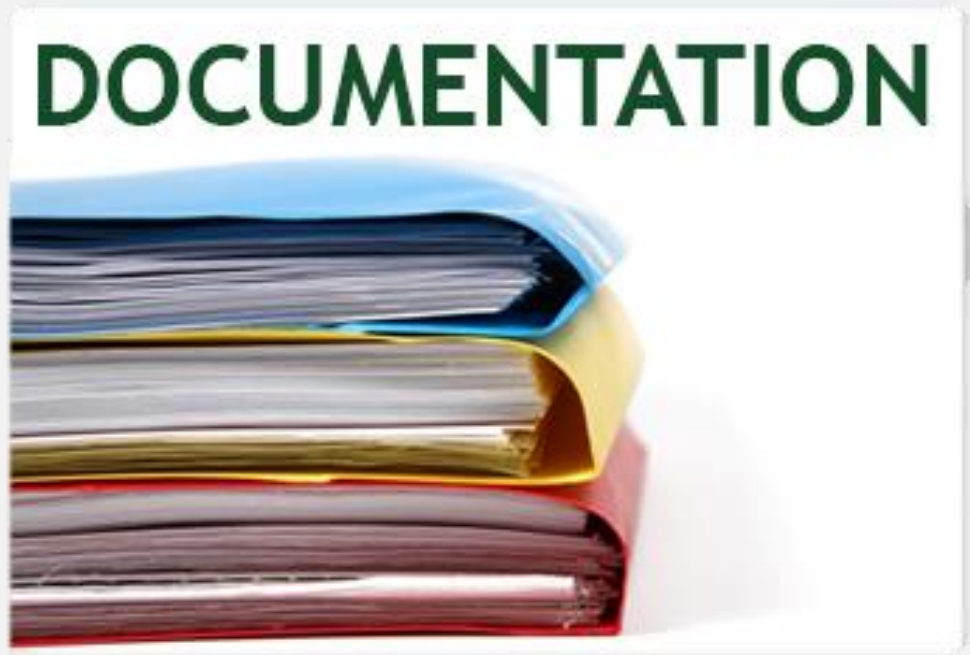
RCC Accommodating Students?

- Students have an appointment with DS to talk about the challenges the student is facing.
- DS Faculty will review documentation submitted by student to determine **functional limitations caused** by the disability and accommodation eligibility.
- **Together**, the *student* and *DS faculty* will determine appropriate accommodations.



Documentation of a students disability is required for conditions that are considered invisible or not readily apparent.

Examples – IEP/504 Plan, ADHD, PTSD, learning disabilities, anxiety & depression etc.



Veterans –

- Current Ratings Information: eBenefits.va.gov
- Medical Chart Information: MyHealthyVet.va.gov

DS will help students to request documentation from schools and medical offices.

FERPA considers students disability information is considered **confidential** and will not be disclosed instructors or other departments.

RCC Disability Services Accommodations

Reduced Distraction Testing Environment – Testing Center

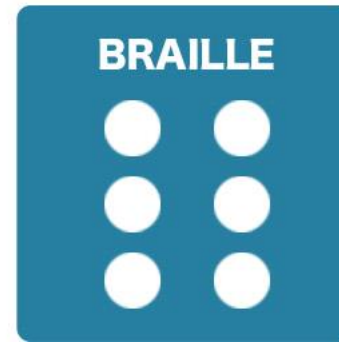
Extended Time for Tests 1.5x – 2.0x

Reader and Scribe Services for Tests

Electronic Text Books – PDF/Word

Electronic Readers – Natural Reader, Adobe, CARS

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Notetalker App for College Students

College is a big step for students, with many new skills that have to be developed, but at the same time having fun! Notetaking is a key skill that is linked to academic attainment and Notetalker provides an essential tool to record, review and revise.

Notetalker for College Students -

Notetalker an innovative new App, software program and ...



Taking the next step to College can be daunting - especially when it comes to classes and notetaking. Knowing which information and how to capture it can be tricky, especially when dealing with complex information. Many studies have shown a clear link between notetaking and academic attainment at College, meaning Notetaking can be a worthwhile skill to develop.

Notetalker provides College students with a full notetaking suite that incorporates an app, software and microphone accessories kit. The Notetalker app enables students to capture audio, images and create bookmarks during a lecture, class or tutorial, meaning that attention can be focused on the lecture without missing a thing. Recordings can then be easily transferred to Notetalker Edit software, with the ability to add extra detail such as text notes, diagrams and PowerPoint slides to create exceptional audio, image and text based r

The Notetalker Pro package has been specifically cr
students in mind and has been developed with the aid of input from

Questions?

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Dragon NS



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Find your Dragon for PC

Whether you're looking for a way to stay on top of your personal to do list or a way to stay ahead at work, there's a Dragon to help you do more with just your voice.

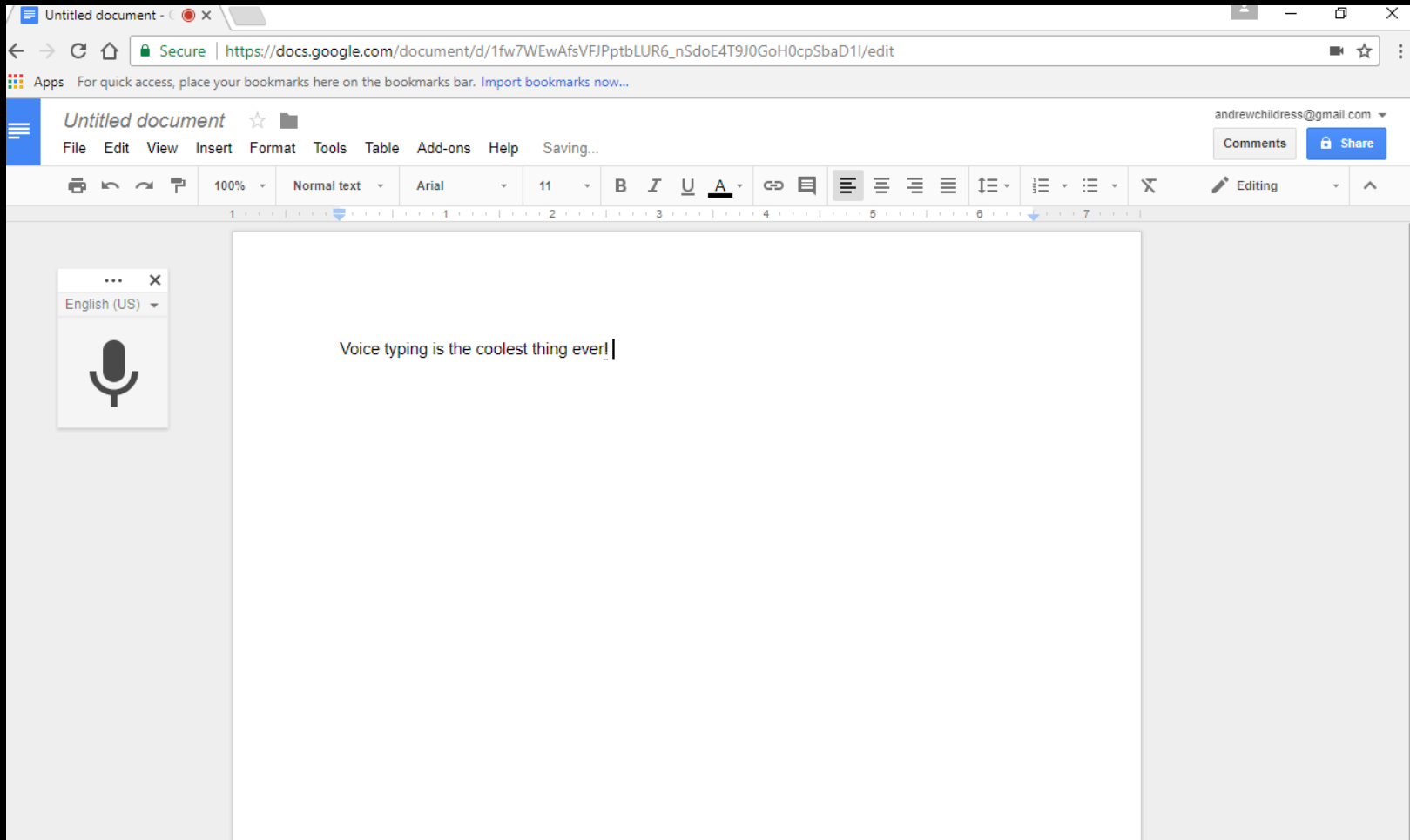


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[Find the right fit](#)



[Support](#)

Google Voice Type




Natural Reader


 Menu ▾




English (UK) - Graham ▾

Speed 1 ▾

 Share 3.5K

 UPGRADE

Login ▾





Drag and drop your files, or type, paste, and edit text here.


Natural Reader is a professional text to speech program that converts any written text into spoken words. The paid versions of Natural Reader have many more features.

If you are interested in using our voices for non-personal use such as for Youtube videos, e-Learning, or other commercial or public purposes, please check out our Natural Reader Commercial web application.

[+ Open Documents](#) pdf, txt, doc, docx, rtf, epub.


Web Free


Web Premium


For Commercial



Please check the [Disability Services webpage](#) or contact us by phone, e-mail, or by dropping by our offices if you have any questions. We're here to help!

WOUNDS OF WAR

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ROGUE COMMUNITY COLLEGE
VETERAN SERVICES



STUDENT VETERANS WITH DISABILITIES

It is estimated that 23% to 31% of Veterans of OIF/OEF have PTSD symptoms and 20% have mild TBIs. SOME of those are coming to our campus.

- New Disability
- Experience a disability for the first time
- Unaware of services on campus for
- Not identify as having a disability
- May not disclose problems because of stigma

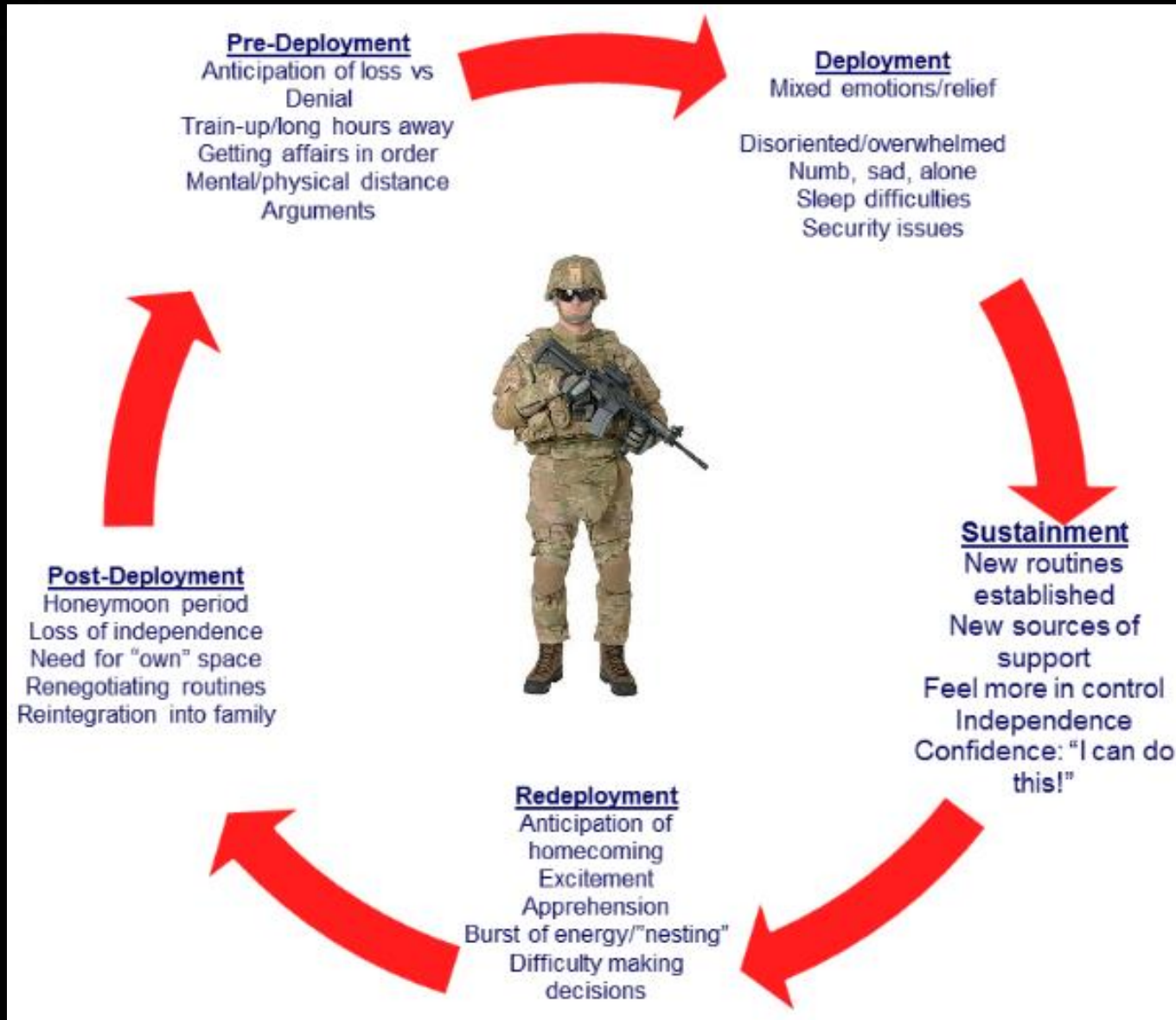


MENTAL HEALTH NEEDS OF STUDENT VETERANS

- Anxiety
- Depression
- Substance Abuse
- Community Services
 - Vet Center-Grants Pass
 - SORCC- White City
- Services on Campus
 - Counseling Center
 - Veteran Coordinators



EMOTIONAL CYCLE OF DEPLOYMENT



A VETERAN'S WORST WOUNDS MAY BE THE ONES YOU CAN'T SEE.



More military deaths by suicide than in combat in

2012



Military suicides are at their highest rate in

10 years



8% to 20%

of military personnel deployed in Iraq and Afghanistan experienced a traumatic brain injury



20%

of national suicides are completed by veterans

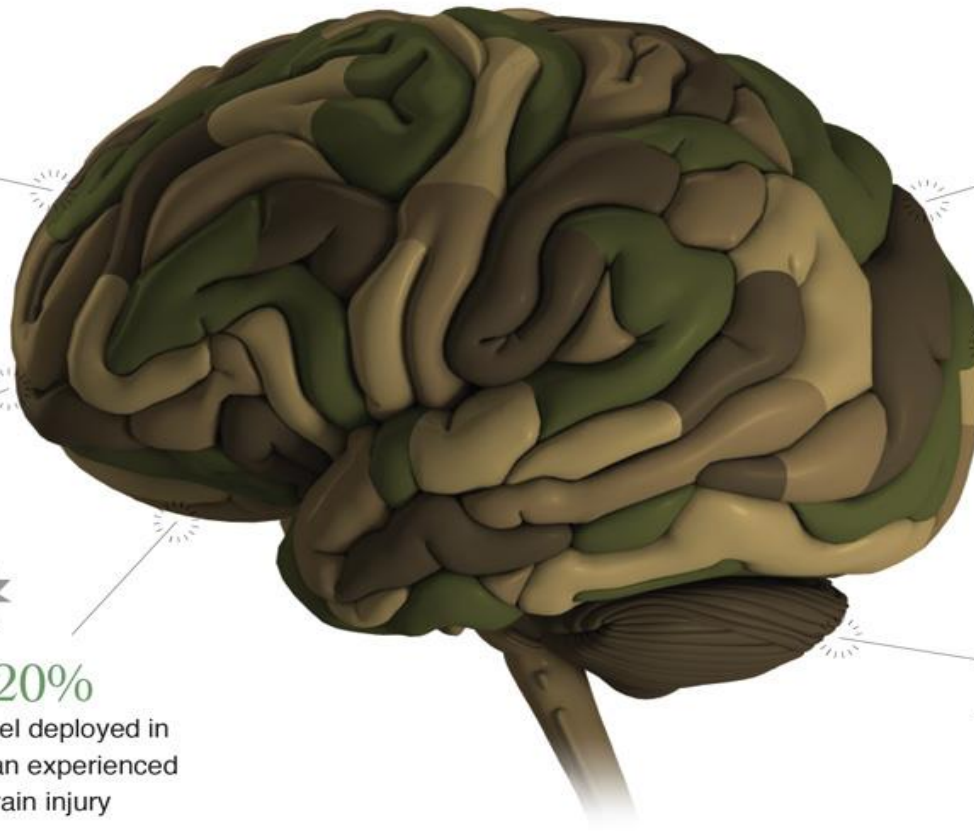


300,000

veterans of the wars in Iraq and Afghanistan have been diagnosed with PTSD



Traumatic brain injuries can increase suicidal thoughts and behavior



Recognizing mental illness is the first step toward recovery. Show returning soldiers that seeking help is a sign of strength. Learn more at psychiatry.org/mentalhealth



PTSD SYMPTOMS

Repeated "reliving" of the event,
which disturbs day-to-day activity

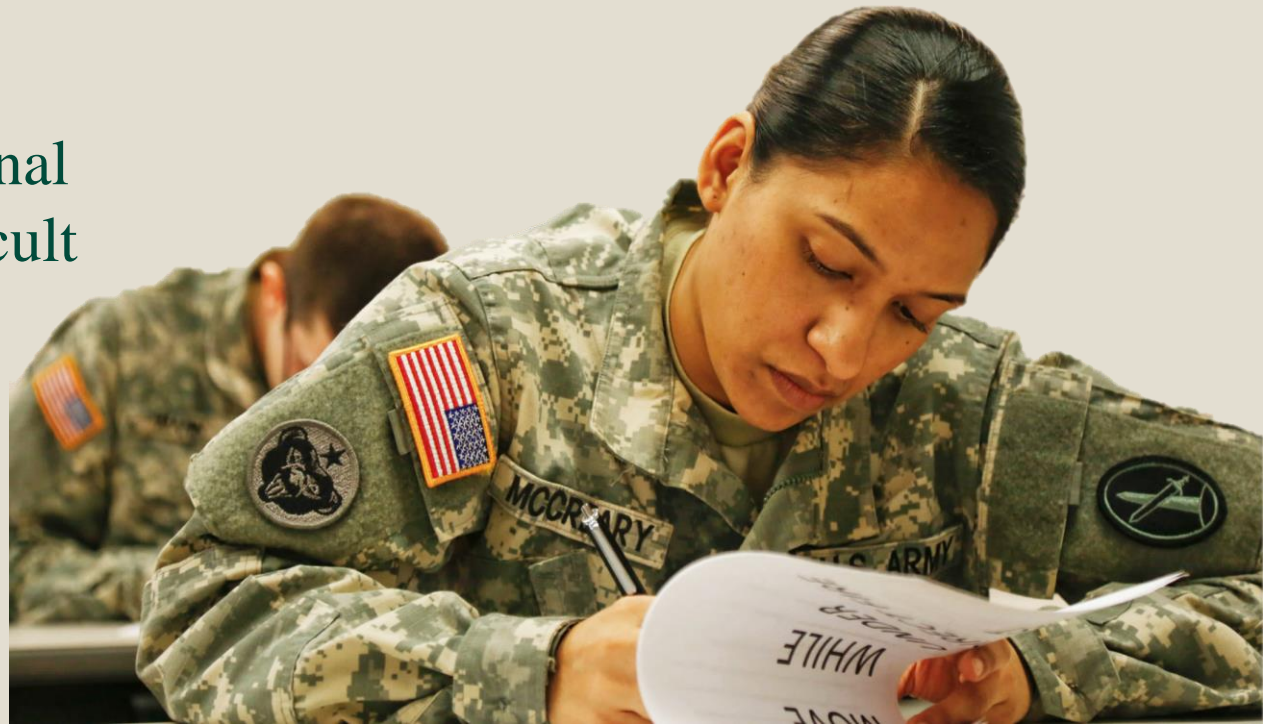
- Flashback episodes
- Avoidance
- Emotional "numbing," or feeling as though you do not care
- Arousal
- Excess awareness (hyper vigilance)



PTSD IN THE CLASSROOM

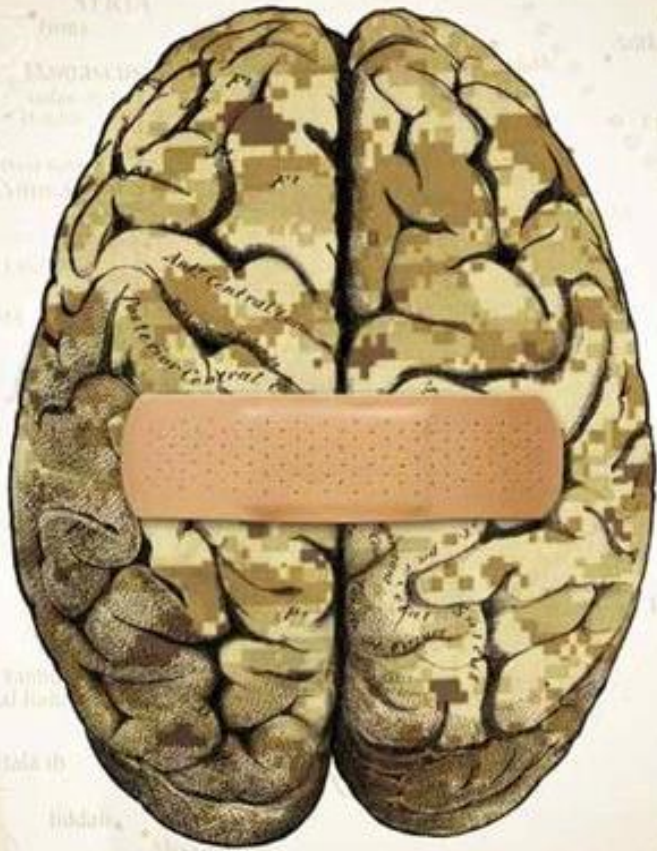
Student Veterans may...

- Sit in the back of the classroom
- Be easily startled by noises
- Be withdrawn from class discussion
- Have difficulty maintaining emotional control during difficult topics



TRAUMATIC BRAIN INJURY (TBI)

- A blow or jolt to the head or a penetrating head injury that disrupts the function of the brain.
- Severity of injury can vary
 - Mild: brief change in mental status or consciousness
 - Severe: extended period of unconsciousness or amnesia after the injury
- Some Student Veterans may experienced a TBI



THE INVISIBLE WOUNDS OF WAR

- A PLAGUE THAT HAS HAUNTED SOLDIERS FOR CENTURIES -

TBI SYMPTOMS

Mood

- Apathy/Depression
- Anxiety
- Irritability
- Emotional Lability
- Insensitivity
- Egocentricity

Behavior

- Lack of Initiation
- Disinhibition
- Impulsivity
- Restlessness
- Aggression
- Agitation



TBI IN THE CLASSROOM

Student Veterans may:

- Have difficulty expressing themselves (tongue-tied)
- Show restless behaviors
 - Example: Constant fidgeting and tapping pens or feet
- Show inappropriate reactions to discussion
 - Example: Becoming aggressive, easily irritated, agitated, or insensitive to others in the classroom
- Be withdrawn or not participating in class discussion



Overlapping Symptoms

The diagram features three overlapping silhouettes of human heads in profile, facing right. The central silhouette is olive green and contains a list of overlapping symptoms. To its left is a yellow silhouette, and to its right is a light blue silhouette. Each silhouette is associated with a list of symptoms. The yellow silhouette is labeled 'Possible Symptoms of TBI', the olive green one 'Overlapping Symptoms', and the blue one 'Possible Symptoms of PTSD'.

Possible Symptoms of TBI

- headaches
- dizziness/balance problems
- nausea
- sensitivity to light and sound
- vision changes
- impulsivity

- fatigue
- sleep problems
- trouble with memory and attention
- feeling depressed
- feeling anxious
- irritability

Possible Symptoms of PTSD

- on high alert
- startled easily
- fearfulness
- flashbacks
- nightmares
- guilty feelings
- avoidance
- numbness
- self-destructive behavior

***Image used with permission by the Deference & Veterans Brain Injury Center, 2014

PTSD and TBI



Remember:

Although many Student Veterans may have stressful or traumatic experiences, not all develop

Post-Traumatic Stress Disorder (PTSD), TBI, or other injuries.

INCREASED SUICIDE RISK

- There are approximately 23 million veterans in the United States, 10% are females
- Among veteran and current military, suicide is a national public health concern:
 - 20 United States veterans commit suicide each day.

**(Center for Disease Control, 2017)



THEY WENT SEARCHING FOR HOPE.
THEY FOUND IT EVERYWHERE.

PROJECT 22

FEBRUARY
PROJECT 22
AWARENESS
MONTH



VETERANS DIE BY SUICIDE A DAY

(ACCORDING TO THE DEPARTMENT OF VETERAN AFFAIRS)

**HAVING EACH OTHERS BACK DOESN'T END
JUST BECAUSE WE ARE HOME.**

"Now, After" (PTSD From A Soldier's POV) [contains graphic imagery]

<https://www.youtube.com/watch?v=NkWwZ9ZtPEI>



Blue Three Productions

Published on Dec 2, 2010

I went to film school at USC after returning from Iraq. This is what life was like for me then, and this is 100% a true story. Hopefully others - especially those who've lived it - can get something out of this film. It was one of the first I ever made...

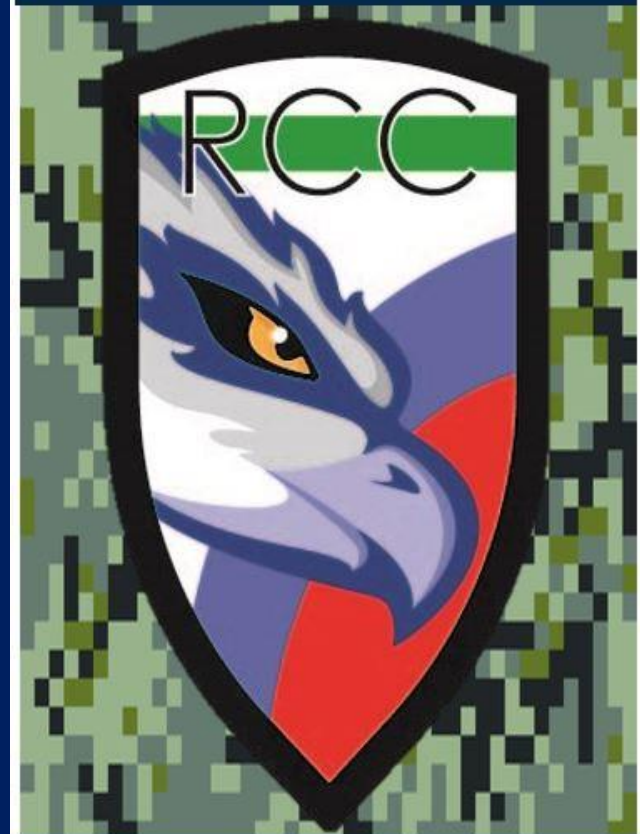
by SSG Kyle Hausmann-Stokes

US Army, Infantry, OIF 07-08

Disturbing images and haunting flashbacks plague a young soldier recently returned from the war in Iraq. Re-adjusting to his former life as a college student proves to be more difficult than he ever imagined - connecting with veterans of wars past may be just what he needs.

RESOURCES

GREEN ZONE
MILITARY FRIENDLY



ROGUE COMMUNITY COLLEGE
VETERAN SERVICES



RCC Veteran Services

Veteran Services:

- RWC- Nikki Johnson-Veterans Coordinator | 541-956-7109 | njohnson@roguecc.edu
- RVC- Will Riddle-Veteran Coordinator | 541-245-7738 | wriddle@roguecc.edu
- TRC- Amanda Comer-Veteran Specialist/Certifying Official | 541-245-7805 | acomer@roguecc.edu
- Rene McKenzie-Director of Student Programs | 541-956-7129 | rmckenzie@roguecc.edu

Veteran Resource Centers

- RWC | 541-956-7289
- RVC | 541-245-7749



Other RCC Resources

Counseling Center

- RWC | 541-956-7192
- RVC | 541-245-7552
- TRC | 541-245-7863

Disability Services

- RWC | 541-956-7337
- RVC | 541-245-7537

Rogue Central

- RWC | RVC | TRC | 541-956-7501

Career and Student Employment Center

- RWC | 541-956-7323
- RVC | 541-245-7538
- TRC | 541-245-7954

VA Resources

- Veteran Administration Website
 - List of VA hospitals and community outreach centers
 - White City | SORCC | 541-826-2111
 - Grants Pass | CBOC | 541-955-5551
 - Grants Pass | Vet Center | 541-479-6912
- Connects Veterans to health benefits
 - Oregon Department of Veteran Affairs (ODVA) | 503-373-2085
 - My Health Vet | 1-877-327-0022
 - eBenefits | <https://www.ebenefits.va.gov/ebenefits/homepage>
 - Women Veteran Health Care | <https://www.womenshealth.va.gov/WOMENSHEALTH/index.asp>

Veteran Associations

- Iraq and Afghanistan Veterans of America
 - www.iava.org
 - Providing assistance, advocacy, education and support to veterans of both conflicts
- Disabled American Veterans Association
 - www.dav.org
 - DAV is an advocacy group that helps ensure that active duty and veterans receive the benefits and compensations that were guaranteed to them when they enlisted

PTSD Resources

The National Center for PTSD

- <http://www.ptsd.va.gov/>

After Deployment is a mental wellness resource guide for soldiers.

- <http://afterdeployment.org/>

PTSD and Women

- http://www.med.umich.edu/1libr/wha/wha_ptsd_bha.htm

TBI Resources

VA Polytrauma System of Care

- <http://www.polytrauma.va.gov/>

Defense and Veterans Brain Injury Center

- <http://www.dvbic.org/>

National Center for Injury Prevention and Control information on TBI

- <http://www.cdc.gov/ncipc/tbi/tbibook.pdf>

Soldiers with Traumatic Brain Injury brochure

- <http://www.neuroskills.com/veterans/soldierswithtbi.pdf>

Substance Abuse Resources

National Institute on Alcohol Abuse and Alcoholism

- <http://www.niaaa.nih.gov/>

Alcoholics Anonymous

- <http://www.aa.org>

National Institute on Drug Abuse

- <http://www.nida.nih.gov/>

- Army Center for Substance Abuse Programs with links to world-wide ASAP locations
 - <http://www.acsap.army.mil/>
- Substance Abuse and Mental Health Services Administration
1-800-662-HELP
 - <http://getfit.samhsa.gov/Drugs/>
 - <http://getfit.samhsa.gov/Alcohol/>

Military Sexual Trauma Resources

- MyDuty.mil
 - www.myduty.mil
 - Provides information and guidance on reporting MST
- Military Rape Crisis Center
 - Has a chart for off-base rape crisis centers located near military bases
 - www.stopmilitaryrape.org/local_resources

Suicide Prevention Resources

- **The National Suicide Prevention Lifeline**

- 1 800-273-TALK (8255)
- Press 1 for Veterans

- **Veterans Crisis Line**

- 1(800)-273-8255 and Press 1 for Veterans
- <http://veteranscrisisline.net/> (Live Online Chat)
- Text 838255

Mental Health Resources

- 44% of returning service members have reported experiencing difficulties, including behavioral health problems, since returning home.
 - Military One Source
 - <http://www.militaryonesource.mil>
 - Dstress (for Marines): www.dstressline.com/
 - Not Alone: www.notalone.com
 - www.maketheconnection.net
 - <http://afterdeployment.org/>
 - www.militarymentalhealth.org/

Thank You!

**Congratulations –
You are now a Green Zone Ally!**

Any Questions?

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