

AS OF OCTOBER 2009

THE VERMONT YELLOW BOOK

Resources for Service Members and Their Families



Thank you to all of the service members who have devoted their time and services to our country, and thank you to their families.

This book was compiled by the National Center for PTSD, the Department of Veteran's Affairs, the Vermont Vet Centers, and the Family Readiness Programs of the Vermont Armed Services.

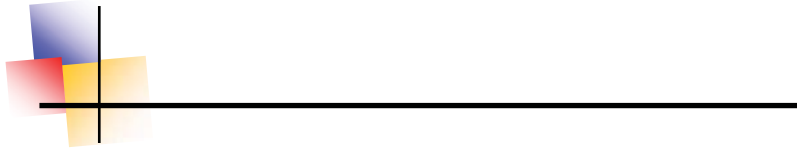




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VETERAN'S AFFAIRS - (VA) SERVICES

WHAT IS IT?

The VA provides Medical, Dental, Emotional Well-Being and Behavioral Health services to military personnel including the National Guard and Reserve components. Free services for military related problems for the first two (2) years following deployment, and co-pay based on eligibility after two years. The VA has many community based outpatient clinics (CBOCs) in addition to their medical centers. <http://www.va.gov>

REGIONAL OFFICES:

VT - White River Junction 802-296-5177
Toll FreeVT 800-827-1000
Mailing Address 215 North Main Street, 05009

NH - Manchester 603-668-7060
Toll Free 800-892-8384
Mailing Address 718 Smyth Road, 03104

NY - Albany 518-626-5000
Mailing Address 113 Holland Avenue, 12208

MA - Bedford 781-687-2000
Toll Free 800-422-1617
Mailing Address 200 Springs Road, 01730

COMMUNITY BASED OUTPATIENT CLINICS

VT - Bennington Outpatient Clinic 802-447-6913
325 North Street, 05201
Fort Ethan Allen Outpatient Clinic 802-655-1356
74 Hegemen Avenue, Colchester, 05446
Rutland Community Based Outpatient Clinic 802-773-3386
215 Stratton Road, 05701

NH - Littleton Outpatient Clinic 603-444-9328
600 St. Johnsbury Road, 03561
Portsmouth Outpatient Clinic 603-624-4366x5500
302 Newmarket Street, Building 15, 03803



- Tilton Outpatient Clinic603-624-4366x5600 or 800-892-8384
139 Winter Street, 03276
- Wolfeboro Outpatient Clinic603-569-4336
138 North Main Street, 03894
- Conway Outpatient Clinic603-447-2555
7 Greenwood Avenue, 03818

- NY - Glens Falls Outpatient Clinic518-798-6066
84 Broad Street, 12801
- Catskill Outpatient Clinic518-943-7515
Suite A102, 159 Jefferson Heights, 12414
- Malone Outpatient Clinic518-481-2545
133 Park Street, 12953
- Plattsburgh Outpatient Clinic518-561-8310
43 Durkee Street, 12901
- Schenectady Outpatient Clinic518-346-3334
1322 Gerling Street, Sheridan Plaza, 12308
- Troy Outpatient Clinic518-274-7707
295 River Street, 12180

- MA - Greenfield Outpatient Clinic413-773-8428
143 Munson Street, 01301
- New Bedford Outpatient Clinic508-994-0217
174 Elm Street, 02740
- Pittsfield Outpatient Clinic413-443-4857
73 Eagle Street, 01201
- Springfield Outpatient Clinic413-731-6000
25 Bond Street, 01104

NATIONAL CENTER FOR PTSD

WHAT IS IT?

Providing extensive information on stress related health problems. The NCPTSD provides research, education and consulting on PTSD and stress-related disorders. Our website is full of information on trauma, war exposure, and reactions to stressors for veterans, families, clinicians, researchers and the general public. www.ncptsd.va.gov



NATIONAL GUARD DEDICATED VT PERSONNEL

Wendy Decoff:

Enrollment Coordinator 802-295-9363x5889

Jill Alger, MSW:

OIF/OEF Returning Veteran Program Manager 802-295-9363x5094

Pam Tebo-Piccione:

Service Center Manager 802-295-9363x5335

Michael Casey:

Veterans Service Representative 802-295-9363x5324

OIF/OEF PROGRAM MANAGER

WHAT IS IT?

Helps facilitate Veteran's re-entry into society, maximizes their use of VA services, and takes the role of their advocate as needed.

Jill Alger, MSW 866-687-8387x5094

VA BENEFITS

WHETHER OR NOT YOU THINK YOU WILL USE THIS . . . SIGN UP ASAP!

For any issues related to combat service.

- Medical
- Dental (Must sign up within 3 months of return)
- Compensation and Pension Benefits
- Education and Vocation Rehabilitation Benefits
- Loan Guarantee Services

Michael Casey 800-827-1000

http://www1.va.gov/health_benefits/



MEDICAL BENEFITS

VA HEALTH CARE BENEFITS

Wendy Decoff 866-687-8387x6281
Toll Free Nationwide 800-941-8387
Fill out an application for VA Health Benefits online at:
http://www1.va.gov/health_benefits/

VA MENTAL HEALTH SERVICES

WHAT, WHEN AND HOW?

Walk-in any Monday through Friday, 9am to 12pm or 1pm to 4pm to complete a brief assessment and speak with a therapist and prescriber. Can discuss issues and possible treatment options and referrals at the VA in White River Junction or at a community based outpatient clinic (CBOCs) around the state.

Pat Stender866-687-8387x6132

WOMEN VETERANS

WHAT IS IT?

The WVPM coordinates the provision of comprehensive (including gender specific) health care services to women veterans and plans for establishment of new specialty or primary programs and the expansion of existing programs to meet the needs of women veterans. The WVPM also ensures equity of access, service and benefits to women veterans; coordinates the provision of state-of-the-art diagnostic, treatment, consultation and referral services for women veterans; coordinates medical and/or surgical health care services and provides psychological care of mental health needs.

Bobbie Surott Kimberly, LICSW, CTRS866-687-8387x5743
Women's Veterans Program Manager
DVA Medical Center (WVPM)
215 North Main Street
WRJ, VT 05009-0001
Barbara.surott-kimberly@va.gov



VET CENTERS - READJUSTMENT COUNSELING SERVICES

WHAT IS IT?

Assisting veterans and their families toward a successful postwar adjustment offering: readjustment counseling (including PTSD treatment), bereavement, alcohol & drug, trauma, marriage and family, and benefits counseling as well as job services and assistance in obtaining services at the VA and community agencies.

- no co-payments or charges for Vet Center services
- services are completely confidential

	http://www.va.gov/racs/	800-905-4675
VT -	<u>South Burlington</u>	802-862-1806
	359 Dorset Street, 05401	
	<u>White River Junction</u>	802-295-2908
	Toll Free 800-649-6603	
	Gilman Office Complex #2, 222 Holiday Inn Drive, 05001	
NH -	<u>Auburn</u>	603-623-4204
	15 Dartmouth Drive, Suite 204, 03032	
	<u>Manchester</u>	603-668-7060
	103 Liberty Street, 03104	
NY -	<u>Catskill</u>	518-943-7515
	Suite A102, 159 Jefferson Heights, 12414	
	<u>Clifton Park</u>	518-383-8506
	1673 Route 9, 12065	
	<u>Fonda</u>	518-853-1247
	2623 State Highway 30A, 12068	
	<u>Glens Falls</u>	518-798-6066
	84 Broad Street, 12801	
	<u>Malone</u>	518-481-2545
	133 Park Street, 12953	
	<u>Plattsburgh</u>	518-561-8310
	43 Durkee Street, Suite 300, 12901	
	<u>Schenectady</u>	518-346-3334
	1322 Gerling Street, Sheridan Plaza, 12308	



Troy 518-274-7707
295 River Street, 12180

MA - New Bedford 508-999-6920
468 North Street, 02740
Springfield 413-737-5167
1985 Main Street, Northgate Plaza, 01103

VERMONT NATIONAL GUARD JOINT FORCE HEADQUARTERS

CAMP JOHNSON

789 Vermont National Guard Road
Colchester, VT 05446
<http://vtonline/default.aspx> (only accessible inside of NG network/
domain)

Switchboard 802-338-3000

EMPLOYMENT ISSUES

ESGR: Employer Support of the Guard and Reserve

LTC Lloyd Goodrow 802-660-5482
SMS John Macleod 802-338-3249

FAMILY SUPPORT

Family Readiness Center 888-607-8773

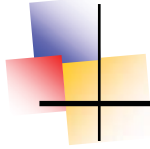
NATIONAL GUARD CHILDREN & YOUTH

Provides resources and information for youth, as well as, information on
educational funds and scholarships.

Anne Gorrigan 802-338-3369

NATIONAL GUARD PAYROLL ISSUES

Finance Office
MSG Rod Churchill 802-338-3228
Mr. Larry Smith 802-338-3195
Mr. Jeffrey Greenman 802-338-3226



OTHER PAYROLL INFORMATION

DFAS (MILITARY PAY SITE)

Use this website to look up current pay charts, etc.
www.dod.mil/dfas/

MYPAY

Helpful website to check your current LESs.

<http://mypay.dfas.mil/mypay.aspx>

ID CARDS

Calling ahead is always advisable when in need of a military ID. IDs are NEEDED for all family members, and includes a photo.

Vermont

VT Army Nat'l Guard, Colchester 802-338-3135
VT Air Nat'l Guard, Colchester. 802-660-5225
Naval Reserve Center, White River Junction 802-295-0050

New Hampshire

Army Reserve Center, Londonderry 603-537-8135
Army Nat'l Guard, Concord 603-225-1326
Air Nat'l Guard, Portsmouth 603-430-3514

New York

Naval Support Unit, Saratoga 518-886-0200
Air Nat'l Guard, Scotia 518-344-2436
Army Nat'l Guard, Latham 518-786-4406

Massachusetts

Air Force Reserves, Chicopee 413-557-3037
Air Nat'l Guard, Westfield 413-568-9151

MEDICAL/DENTAL

NATIONAL GUARD CONTACT

PFC Casey Brown 802-388-3487



TRICARE (ACTIVE DUTY MEDICAL)

www.tricare.osd.mil 877-874-2273

TO MAINTAIN/UPDATE DEERS ENROLLMENT

www.tricare.osd.mil/deers/default.cfm

UNITED CONCORDIA (DENTAL BENEFITS)

www.ucci.com 800-866-8499

SSG Don Cobb, NG Contact 802-338-3143

This is a benefit that you need to enroll in. There is 100% coverage for exams, cleanings and x-rays; 80% coverage for fillings; 60% coverage for root canals/extra; 50% coverage for bridge/crown work.

RESOURCES FOR ALL BRANCHES

MILITARY ASSISTANCE PROGRAM

www.dod.mil/mapsite

MILITARY HOMEFRONT

Support for troops and their families.

<http://www.militaryhomefront.dod.mil>

MILITARY ONE SOURCE

This source is available 24/7 and can answer almost any question no matter how big or small.

Toll Free Within the US 800-342-9647

Outside of the US (Country Access Code) 800-3429-6477

Dial all eleven numbers.

Call collect from outside the US 484-530-5947

TTY/TTD 800-346-9188

En Espanol, llame al 877-989-5392



COURAGE TO CARE

This site, created by Uniformed Services University for the Health Sciences, belongs to the Center for Traumatic Studies and includes a wealth of additional information. Clicking on 'Courage to Care' in the left margin will bring you to an electronic health campaign for military and civilian professionals serving the military community, as well as for military men, women and their families.

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

AMERICA SUPPORTS YOU

The America Supports You website contains a list of independent organizations that help support the troops and their families. It provides information on what Americans are doing to support the military.

www.dod.mil/americasupportsyou/support/help.html

NATIONAL MILITARY FAMILY ASSOCIATION

NMFA is an organization that was begun by military wives who were fed up with the lack of health benefits for their families while their soldier/husbands were away fighting for our country. NMFA has grown into a large organization that works regularly to make it known to lawmakers the issues that happen and occur on a daily basis for the entire family, including the soldier. NMFA now sponsors, nationwide, scholarships for spouses of military members, summer camps for the children of the military, and countless other programs.

www.nmfa.org

OPERATION VERMONT CARES

Creates and ships packages to Vermont military members serving overseas.

www.operationvermontcares.org/

MILITARY VETERANS & FAMILY ASSOCIATION

Provides a community based retreat, called the Phoenix Project, to assist veterans and their families in making the transition back home.

www.mvfa.org



AGENCY OF HUMAN SERVICES

Children/Families, Health Issues, Mental Health, Substance Abuse, Elderly/Disabled, Criminal Justice and More.

Vermont 802-241-2220
New Hampshire 603-271-8140
New York 518-474-0683
Massachusetts 617-348-8500

NATIONAL CENTER FOR POST TRAUMATIC STRESS DISORDER (NCPTSD)

The NCPTSD provides research, education, and consulting on PTSD and stress related disorders. Our web site is full of information on trauma, war exposure, and reactions to stressors for veterans, families, clinicians, researchers and the general public. It also includes many helpful fact sheets.

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

OTHER IMPORTANT AND HELPFUL WEBSITES

Reserve Affairs www.defenselink.mil/ra
Department of Defense www.defenselink.mil
Commanders Page www.commanderspage.dod.mil
Vermont National Guard www.vtguard.com
National Guard www.1800goguard.com
Air Force Reserve www.afrc.af.mil
Army Reserve www.armyreserve.army.mil
Air National Guard www.ang.af.mil
Army Family Liaison www.aflo.org
Army Family Team Building www.aftb.org

CENTER FOR THE STUDY OF TRAUMATIC STRESS

Uniformed Services University of the Health Sciences Center for the Study of Traumatic Stress

<http://www.usuhs.mil/psy/traumaticstress/newcenter.html>



ALPHABETICAL LISTINGS

ADOLESCENTS

See Children and Adolescents

ADVOCATES

For filing pension or compensation claims see also VSO

Jill Alger, MSW866-687-8387x5094
OIF/OEF VA Program Manager

BABY-SITTING SERVICES

See also child care, day care

Operation Child Care800-424-2246
Childcare providers volunteering free services for service mem-
bers on R&R, or during FRG meetings, deployment briefings or
reunion briefings.
www.childcareaware.org/en/findcare/

BEREAVEMENT

See Grief

BUSINESS

The SBDC can provide free business counseling and access to
business assistance resources to veterans and their families who are self-
employed or who wish to start a business. Services are available state-
wide.

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

VtSBDC– Servicemember Advisors

Chris Herriman 802-773-9147

Mark Blanchard 802-281-5236

Email: servicemember@vtsbdc.org

CAREER

See also Employment

Career Center for Military Severely Injuredwww.military.com/support
Career advice for military spouseswww.military.com/



AS OF OCTOBER 2009

New Hampshire 603-271-3494
New York 800-222-JOBS (5627)
Massachusetts 617-210-5480
Vocational Rehabilitation Services
Vermont <http://vocrehabvermont.gov/>

CHAPLAINS

See Spiritual

CHILD CARE

See also subsidies

Military One Source 800-342-9647
Information and contact numbers for child care subsidies and
providers www.militaryonesource.com

Operation Child Care 800-424-2246
Child care providers volunteering free services for service mem-
bers on R&R, or during FRG meetings, deployment briefings, or
reunion briefings www.chilcareaware.org/en/findcare/

Operation Military Child Care 800-424-2246
Subsidies for licensed child care for children up to 12 years old,
based on family income for support for employment, education
or special medical circumstance needs
www.naccrra.org/MilitaryPrograms

DoD Child Development Program (CDP) www.mfrc-dodgoi.org/MCY/

Child care resources, Williston, VT 802-863-3367

CHILDREN AND ADOLESCENTS

Guard Family Youth www.guardfamilyyouth.org

Military Child www.militarychild.org
Military Child Education Coalition

Military Student www.militarystudents.org
A wonderful website for youth. They can click on different
options and even email a peer their age.



Howard Center for Human Services 802-660-3678

Baird Center for Children and Families 802-863-1326

National Guard Youth Program

Support for social, emotional and academic needs of National Guard Children and youth. Provides resources and information for youth as well as information on educational funds and scholarships.

VT - Anne Gorrigan 802-338-3369

NH - Elizabeth Harding 603-227-1496

NY - Shelly Aiken 914-788-7405

MA - Susan Pixley 508-233-7290

Agency of Human Services

Children/Families, Health Issues, Mental Health, Substance Abuse, Elderly/Disabled, Criminal Justice and more.

Vermont 802-241-2220

New Hampshire 603-271-8140

New York 518-474-0683

Massachusetts 617-348-8500

Substance Abuse Information

VT - <http://www.state.vt.us/adap/vermontparentguide.htm>

NH - <http://www.concordprevention.org/>

NY - 800-993-3869

MA - 800-327-5050

COMPENSATION CLAIMS

See Advocates

COUNSELING SERVICES

VA Mental Health Services

Walk in any Monday through Friday 9am to 12pm or 1pm to 4pm to complete a brief assessment and speak with a therapist and prescriber. Referrals at the VA or at a community based out patient clinic around the state.

Pat Stender, VT 866-687-8387x6132



Vet Center Readjustment Counseling Service

Assisting veterans and their families toward a successful postwar adjustment offering: readjustment counseling (including PTSD treatment), bereavement, alcohol & drug, trauma, marriage and family, and benefits counseling as well as job services and assistance in obtaining services at the VA and community agencies.

- no co-payments or charges for Vet Center services
- services are completely confidential

	http://www.va.gov/rcs/	800-905-4675
VT -	<u>South Burlington</u>	802-862-1806
	359 Dorset Street, 05401	
	<u>White River Junction</u>	802-295-2908
	Toll Free 800-649-6603	
	Gilman Office Complex #2, 222 Holiday Inn Drive, 05001	
NH -	<u>Auburn</u>	603-623-4204
	15 Dartmouth Drive, Suite 204, 03032	
	<u>Manchester</u>	603-668-7060
	103 Liberty Street, 03104	
NY -	<u>Catskill</u>	518-943-7515
	Suite A102, 159 Jefferson Heights, 12414	
	<u>Clifton Park</u>	518-383-8506
	1673 Route 9, 12065	
	<u>Fonda</u>	518-853-1247
	2623 State Highway 30A, 12068	
	<u>Glens Falls</u>	518-798-6066
	84 Broad Street, 12801	
	<u>Malone</u>	518-481-2545
	133 Park Street, 12953	
	<u>Plattsburgh</u>	518-561-8310
	43 Durkee Street, Suite 300, 12901	
	<u>Schenectady</u>	518-346-3334
	1322 Gerling Street, Sheridan Plaza, 12308	
	<u>Troy</u>	518-274-7707
	295 River Street, 12180	
MA -	<u>New Bedford</u>	508-999-6920
	468 North Street, 02740	
	<u>Springfield</u>	413-737-5167
	1985 Main Street, Northgate Plaza, 01103	



Adult Crisis Hotline, VT	802-863-2400
Cedar Brook, Williston, VT	802-879-5333
Cross Road, Essex Jct., VT	802-288-1087
Fletcher Allen/UVM, VT	802-847-4727
Howard Center, Burlington, VT	802-658-0400
Operation Comfort	866-632-7868
A nationwide network of mental health professionals and agencies, providing counseling to family members of deployed member, free of charge	
www.operationcomfort.com	
Vermont Cares	800-649-2437
Website	www.vtcares.org

DAYCARE - AFFORDABLE

See child care

DENTAL

United Concordia (dental benefits)

This is a benefit that you need to enroll in. There is 100% coverage for exams, cleanings and x-rays; 80% coverage for fillings; 60% coverage for root canals/extra; 50% coverage for bridge/crown work.

www.ucci.com

800-866-8499

S&S Don Cobb, NG Contact

802-338-3143

DEPLOYMENT RESOURCES

Ameriforce Deployment Guide .. <http://www.ameriforce.net/deployment>

Army Community Service

http://troll.redstone.army.mil/acs/virtual2/depmob_or.html

Department of Labor

www.dol.gov/ebsa/faqs/faq_911_2.html
FAQ for reservists called to active duty



Deployment Connection www.deploymentconnections.org
DoD deployment related information and services for active/
reserve families.

Deployment Link <http://deploymentlink.osd.mil/>
Health care news for deployed personnel and their families

Family Readiness Center

- VT - 888-607-8773
- NH - 800-472-0328
- NY - 877-715-7817
- MA - 888-301-3103x7358

Homecoming: Resilience after wartime
. www.apahelpcenter.org/featuredtopics/feature.php?id=43
Materials from the APA to help returning service members and
their families.

Military Family Research Institute: Deployment Support Resources Guide
http://www.mfri.purdue.edu/pages/military/deployment_support.html

Military Homefront www.militaryhomefront.dod.mil

Military Pets Foster Project www.netpets.org
Connects military pet owners that are about to deploy with foster
homes for their pets.

Returning to Family Life After Military Deployment [http://
www.militaryonesource.com/ctim/index.aspx?ctim=105.371.1145.5296](http://www.militaryonesource.com/ctim/index.aspx?ctim=105.371.1145.5296)

EDUCATION

College Education Interruption www.virtualarmory.com
Click on the education tab, for reenrollment issues and educational
benefits.

Cyberskills of Vermont 802-860-4057
Free computer classes www.cyberskillsvt.org

Military Child Education Coalition www.militarychild.org

Service Member Opportunity Colleges (SOCS) 800-368-5622
www.soc.aascu.org



US Department of Education . www.ifap.ed.gov/dpclletters/GEN0113.html

EMPLOYMENT

See also Career

CVOEO—Champlain Valley Office of Economic Opportunity

Works with low income people to achieve economic independence.

www.cvoeo.org/ 800-287-7971

TD/TTY 802-863-6248

Career Advice for Military Spouses

www.military.com/MilitaryReport/0,12914,76237,00html?ESRC=miltrep.html

ESGR - Employer Support of the Guard and Reserve

Fact sheets and resources for employers and members of the Guard and Reserve on all aspects of workplace reentry, based on USERRA protections <http://www.esgr.org/>

LTC Lloyd Goodrow 802-660-5482

SMS John Macleod 802-338-3249

The National Mental Health Association

<http://www.nmha.org/reassurance/cominghome/returningtowork.cfm>

Specific information about Guard and Reservists returning to work.

National Partnership for Workplace Mental Health

Delivers educational materials to employers and employees on a broad range of mental health topics, provides a forum for businesses to explore mental health issues and share innovative solutions, and serves as a clearinghouse of mental health information important to employers <http://www.usuhs.mil/csts>

US Dept. of Labor - Employment Rights . . . www.dol.gov/elaws/userra.htm

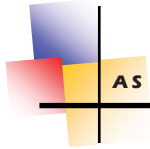
www.dol.gov/ebsa/newsroom/pr011003.html

FAMILY

See also Children/Adolescents

Family Assistance Centers (FACs)

Vermont 888-607-8773



AS OF OCTOBER 2009

Michael Bourgeois, Swanton802-868-7927
Cell802-309-0507
michael.w.bourgeois@us.army.mil

Joyce Cloutier, Berlin802-223-2975
Cell802-310-0876
joyce.cloutier@us.army.mil

Mary Blow, Colchester802-338-3076
Cell802-999-7203
mary.e.blow@us.army.mil

Wayne Boyce, Lyndonville802-626-8130
Cell802-310-0875
wayne.boyce@us.army.mil

Bethany Bergeron, Rutland802-775-0194
Cell802-310-0879
Bethany.bergeron@us.army.mil

New Hampshire800-472-0328

 Kelly Loring, Concord603-225-1828
 Cell603-724-7111

 Shirley Briggs, Littletonn/a

New York877-715-7817

 Dyette Putnam, Latham518-786-4656

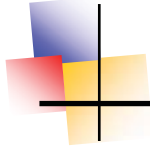
Massachusetts888-301-3103x7358

 Jill Rita Braceland, Wellesley508-522-7230

Chaplains - VT

 Chaplain Jim MacIntyre, Colchester802-338-3398
 Cell802-310-0638
 james.macintyre@us.army.mil

 Chaplain LTC Calvin Kemp, Colchester802-660-5422
 Army Office802-338-3399
 Cell802-598-0689
 calvin.kemp@us.army.mil



Air National Guard Family Readiness Office

VT -	Mary Bullis, Kelli Langlois, South Burlington.	802-652-8035
	Emergency Pager	802-351-4485
NH -	Pease ANGB	603-430-3545
	Cell	603-828-3892
NY -	Scotia	518-344-2357
	Cell	518-210-1512
MA -	Otis ANGB	508-968-4855
	Cell	774-313-8534

Readiness Program Links:

- www.militaryhomefront.dod.mil
- www.myarmylifetoo.com
- www.lifelines.navy.mil
- www.usma-mccs.org
- www.uscg.mil/reserve

Air Force Crossroads www.afcrossroads.com
The official community website of the US Air Force

Army Families Online www.wblo.org
Toll Free 800-833-6622
Information provided by the Army Well-Being Liaison Office

National Guard Children and Youth Program
Support for social, emotional and academic needs of National Guard Children and youth. Provides resources and information for youth as well as information on educational funds and scholarships.

VT -	Anne Gorrigan	802-338-3369
NH -	Elizabeth Harding	603-227-1496
NY -		
MA -		

National Guard Family Program Online Communities
www.guardfamily.org
www.guardfamilyyouth.org



- Operation Comfort866-632-7868
A nationwide network of mental health professionals and agencies, providing counseling free of charge.
www.operationcomfort.com
- Virtual Family Readiness Program <http://www.armyfrg.org>
Tools to facilitate and enable the establishment, communications and maintenance of online FRGs between volunteers and soldier families regardless of their locations, providing instant messaging, blogs, kids postcards, video email, in-case-of-emergency family plans and much more.
- Military Impacted Schools Association
www.militaryimpactedschoolsassociation.org
- Howard Center for Human Services. 802-660-3678
- Baird Center for Children & Families, Burlington 802-863-1326

FINANCIAL

- Joint Forces Finance Office, Camp Johnson, Colchester, VT
Pay, travel voucher questions.
- MSG Rod Churchill802-388-3228
Mr. Larry Smith 802-338-3195
Mr. Jeffrey Greenman802-338-3226
- DFAS (Military Pay Site) www.dod.mil/dfas/
- MYPAY (Website to check your LES) .. <https://mypay.dfas.mil/mypay.aspx>
- Financial assistance when a demonstrated need for funds for emergency travel, automobile repair, urgent health and welfare, etc.
- Armed Forces Relief Trust www.afrtrust.org
Army Emergency Relief www.aerhq.org
Navy-Marine Corps Relief Society www.nmcrcs.org
Air Force Aid Society www.afas.org
Coast Guard Mutual Assistance www.cgmahq.org
- American Red Cross877-287-7971
Website www.redcross.org
Worldwide communication and support, interest free loans, and more.



FOOD SUBSIDIES

See Subsidies

GRIEF/BEREAVEMENT

Vet Centers

Assisting veterans and their families toward a successful postwar adjustment offering: readjustment counseling (including PTSD treatment), bereavement, alcohol & drug, trauma, marriage and family, and benefits counseling as well as job services and assistance in obtaining services at the VA and community agencies.

- no co-payments or charges for Vet Center services
- services are completely confidential

<http://www.va.gov/rcs/> 800-905-4675

VT -	<u>South Burlington</u>	802-862-1806
	359 Dorset Street, 05401	
	<u>White River Junction</u>	802-295-2908
	Toll Free 800-649-6603	
	Gilman Office Complex #2, 222 Holiday Inn Drive, 05001	
NH -	<u>Auburn</u>	603-623-4204
	15 Dartmouth Drive, Suite 204, 03032	
	<u>Manchester</u>	603-668-7060
	103 Liberty Street, 03104	
NY -	<u>Catskill</u>	518-943-7515
	Suite A102, 159 Jefferson Heights, 12414	
	<u>Clifton Park</u>	518-383-8506
	1673 Route 9, 12065	
	<u>Fonda</u>	518-853-1247
	2623 State Highway 30A, 12068	
	<u>Glens Falls</u>	518-798-6066
	84 Broad Street, 12801	
	<u>Malone</u>	518-481-2545
	133 Park Street, 12953	
	<u>Plattsburgh</u>	518-561-8310
	43 Durkee Street, Suite 300, 12901	
	<u>Schenectady</u>	518-346-3334
	1322 Gerling Street, Sheridan Plaza, 12308	
	<u>Troy</u>	518-274-7707
	295 River Street, 12180	



MA - New Bedford 508-999-6920
468 North Street, 02740
Springfield 413-737-5167
1985 Main Street, Northgate Plaza, 01103

Operation Comfort 866-632-7868
A nationwide network of mental health professionals and agencies, providing counseling free of charge.
www.operationcomfort.com

Grief Support for Line of Duty Deaths www.taps.org

HEALTH

See also Medical, Dental

National Center for PTSD www.ncptsd.va.gov
Stress and combat related mental health information and much more.

My Health_Vet www.myhealth.va.gov
The VHA Health Portal created for you, the veteran and your family, and for VA employees. This new health portal will enable you to access health information, tools and services anywhere in the world you can access the internet.

DoD Deployment Health Center 800-796-9699
Website. www.pdhealth.mil

Health Information www.healthfinder.gov/

HOUSING - TEMPORARY

The Fisher House™ Program www.fisherhouse.org
A unique private-public partnership that supports America's military in their time of need. The program donates "comfort homes," built on the grounds of major military and VA medical centers. These homes enable family members to be close to a loved one at the most stressful time - during the hospitalization for an unexpected illness, disease, or injury.

Lund Home, Burlington 800-639-1741
Pregnant and parenting young women



Sara Cole House, Burlington 802-658-9551
Communal sober house
Dodge House, Rutland802-775-6772
Rutland City Rescue Mission, Rutland 802-775-5661
COTS, Burlington 802-864-7402

HOUSING SUBSIDIES

See also Subsidies

Burlington Housing Authority 802-864-0538
Rutland Housing Authority 802-775-2926 ext. 13

I

INSURANCE

Tricare Reserve Select 877-874-2273
www.tricare.mil
Also see Life Insurance

KIDS

See Children

LEAVE

MYPAY <https://mypay.dfas.mil/mypay.aspx>
Check the amount of leave you have accrued.

LEGAL ASSISTANCE

SCRA (Service Members Civil Rights Act)

Provides protections to those called to active duty. Legal information on rental agreements, income tax payments, and more.
**Also ability to reduce pre-service consumer debt and mortgage interest rates.

Air Force <http://hqja.jag.af.mil>
Army www.jagcnet.army.mil/legal
Coast Guard www.uscg.mil/legal/index.htm
Navy and Marines www.jag.navy.mil

LIFE INSURANCE

SGLI www.insurance.va.gov/index.htm
Service members' Group Life Insurance

FSGLI www.insurance.va.gov/sgliSite/FSGLI/sglifam.htm



MEDICAL

The VA provides Medical, Dental, Emotional Well-Being and Behavioral Health services to military personnel including the National Guard and Reserve components. Free services for military related problems for the first two (2) years following deployment, and co-pay based on eligibility after two years. The VA has many community based outpatient clinics (CBOCs) in addition to their medical centers. <http://www.va.gov>

Regional Offices:

- VT - White River Junction 802-296-5177
Toll FreeVT 800-827-1000
Mailing Address 215 North Main Street, 05009
- NH - Manchester603-668-7060
Toll Free 800-892-8384
Mailing Address718 Smyth Road, 03104
- NY - Albany 518-626-5000
Mailing Address113 Holland Avenue, 12208
- MA - Bedford 781-687-2000
Toll Free800-422-1617
Mailing Address200 Springs Road, 01730
- Wendy Decoff 866-687-8387x6281
Toll Free Nationwide 800-941-8387
Fill out an application for VA Health Benefits online at:
http://www1.va.gov/health_benefits/

MENTAL HEALTH CARE

Assisting veterans and their families toward a successful postwar adjustment offering: readjustment counseling (including PTSD treatment), bereavement, alcohol & drug, trauma, marriage and family, and benefits counseling as well as job services and assistance in obtaining services at the VA and community agencies.

- no co-payments or charges for Vet Center services
- services are completely confidential

<http://www.va.gov/rcs/> 800-905-4675

- VT - South Burlington 802-862-1806
359 Dorset Street, 05401



	<u>White River Junction</u>	802-295-2908
	Toll Free 800-649-6603	
	Gilman Office Complex #2, 222 Holiday Inn Drive, 05001	
NH -	<u>Auburn</u>	603-623-4204
	15 Dartmouth Drive, Suite 204, 03032	
	<u>Manchester</u>	603-668-7060
	103 Liberty Street, 03104	
NY -	<u>Catskill</u>	518-943-7515
	Suite A102, 159 Jefferson Heights, 12414	
	<u>Clifton Park</u>	518-383-8506
	1673 Route 9, 12065	
	<u>Fonda</u>	518-853-1247
	2623 State Highway 30A, 12068	
	<u>Glens Falls</u>	518-798-6066
	84 Broad Street, 12801	
	<u>Malone</u>	518-481-2545
	133 Park Street, 12953	
	<u>Plattsburgh</u>	518-561-8310
	43 Durkee Street, Suite 300, 12901	
	<u>Schenectady</u>	518-346-3334
	1322 Gerling Street, Sheridan Plaza, 12308	

Walk-in any Monday through Friday, 9am to 12pm or 1pm to 4pm to complete a brief assessment and speak with a therapist and prescriber. Can discuss issues and possible treatment options and referrals at the VA in White River Junction or at a community based outpatient clinic (CBOCs) around the state.

Pat Stender866-687-8387x6132

WOMEN VETERANS

The WVPM coordinates the provision of comprehensive (including gender specific) health care services to women veterans and plans for establishment of new specialty or primary programs and the expansion of existing programs to meet the needs of women veterans. The WVPM also ensures equity of access, service and benefits to women veterans; coordinates the provision of state-of-the-art diagnostic, treatment, consultation and referral services for women veterans; coordinates medical and/or surgical health care services and provides psychological care of mental health needs.



Bobbie Surott Kimberly, LICSW, CTRS866-687-8387x5743
Women's Veterans Program Manager

VETS CENTERS

Assisting veterans and their families toward a successful postwar adjustment offering: readjustment counseling (including PTSD treatment), bereavement, alcohol & drug, trauma, marriage and family, and benefits counseling as well as job services and assistance in obtaining services at the VA and community agencies.

- no co-payments or charges for Vet Center services
- services are completely confidential

<http://www.va.gov/rcs/>. 800-905-4675

VT - South Burlington. 802-862-1806
359 Dorset Street, 05401

White River Junction. 802-295-2908
Toll Free 800-649-6603
Gilman Office Complex #2, 222 Holiday Inn Drive, 05001

NH - Auburn.603-623-4204
15 Dartmouth Drive, Suite 204, 03032

Manchester. 603-668-7060
103 Liberty Street, 03104

NY - Catskill.518-943-7515
Suite A102, 159 Jefferson Heights, 12414

Clifton Park. 518-383-8506
1673 Route 9, 12065

Fonda. 518-853-1247
2623 State Highway 30A, 12068

Glens Falls. 518-798-6066
84 Broad Street, 12801

Malone. 518-481-2545
133 Park Street, 12953

Plattsburgh. 518-561-8310
43 Durkee Street, Suite 300, 12901

Schenectady. 518-346-3334
1322 Gerling Street, Sheridan Plaza, 12308

Troy. 518-274-7707
295 River Street, 12180



MA - New Bedford 508-999-6920
468 North Street, 02740
Springfield 413-737-5167
1985 Main Street, Northgate Plaza, 01103

TRICARE (ACTIVE DUTY MEDICAL) 877-874-2273
www.tricare.osd.mil

MILITARY SEXUAL TRAUMA

See Sexual Trauma

NATIONAL CENTER FOR PTSD

The NCPTSD provides research, education, and consulting on PTSD and stress related disorders. Our web site is full of information on trauma, war exposure, and reactions to stressors for veterans, families, clinicians, researchers and the general public. It also includes many helpful fact sheets.

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

PARENTS

See also Family

Military Impacted Schools Association
www.militaryimpactedschoolsassociation.org

Substance Abuse Information

VT - <http://www.state.vt.us/adap/vermontparentguide.htm>
NH - <http://www.concordprevention.org/>
NY - 800-993-3869
MA - 800-327-5050

PAY

Problems with Pay? 877-ARNGPAY (276-4729)

NATIONAL GUARD PAYROLL ISSUES

Finance Office
MSG Rod Churchill 802-338-3228
Mr. Larry Smith 802-338-3195
Mr. Jeffrey Greenman 802-338-3226



MYPAY
Helpful website to check your current LESs.
<http://mypay.dfas.mil/mypay.aspx>

PETS

Military Pets Foster Project www.netpets.org
Connects military pet owners that are about to deploy with foster homes for their pets.

RECREATION

MWR (Morale, Welfare, and Recreation)
Provides activities such as arts and crafts, bowling, golf, etc. for service members and their dependants.

- Air Force www.p.afsv.af.mil/AFSVA/about.htm
- Army www.armymwr.com
- Coast Guard www.uscg.mil/mwr
- Navy www.mwr.navy.mil
- Marines www.usmc-mccs.org

RELATIONSHIPS

- Military Spouse Career Center www.military.com/spouse
- Military Spouse Support www.milspouse.org
- National Military Family Association www.nmfa.org
- Military Veteran's and Family Association www.mvfa.org
- Military Impacted Schools Association www.militaryimpactedschoolsassociation.org
- Domestic Violence Emergency Hotline 800-228-7395
Burlington local number 802-658-1996
- Strong Bonds, VT 888-607-8773
Weekend retreats for strengthening relationship bonds, single parent communications, and other trainings.
For more information james.macintyre@vt.ngb.army.mil



Vets Centers

See Vets Centers also for relationship counseling

Fletcher Allen/UVM 802-847-4727

Pamela Mather, LMFT, RN, Norwich 802-763-2453
Licensed marriage and family therapist

SEXUAL TRAUMA

Rebecca Robinson, LMHC 802-295-9363 x5766
Military Sexual Trauma Coordinator, WRJ, VT

See also counseling women

Vet Centers

See Vets Centers also for sexual trauma counseling

SLEEP

Vermont Medical Sleep Disorders Center, Essex 802-878-4445

SPIRITUAL

Chaplains - VT

Chaplain Jim MacIntyre, Colchester 802-338-3398
Cell 802-310-0638

james.macintyre@us.army.mil

Chaplain LTC Calvin Kemp, Colchester 802-660-5422
Army Office 802-338-3399

Cell 802-598-0689
calvin.kemp@us.army.mil

Chaplain Candidate, CPT Kurt Geib, Newport 802-334-9283
geibke@comcast.net

SPOUSES

See Relationships

SUBSIDIES

CHILD CARE

Military One Source 800-342-9647
Information and contact numbers for child care subsidies and



providers www.militaryonesource.com

Operation Child Care 800-424-2246
Child care providers volunteering free services for service mem
bers on R&R, or during FRG meetings, deployment briefings, or
reunion briefings www.chilcareaware.org/en/findcare/

Operation Military Child Care 800-424-2246
Subsidies for licensed child care for children up to 12 years old,
based on family income for support for employment, education
or special medical circumstance needs
www.naccrra.org/MilitaryPrograms

DoD Child Development Program (CDP) www.mfrc-dodgoi.org/MCY/

FINANCIAL

Economic Services Division 800-775-0503

Food Allowance <http://dod.mil/militarypay>

Housing Allowance www.dtic.mil/perdiem/bah.html

SUBSTANCE ABUSE

Burlington Substance Abuse Resource Guide . . .
www.cedoburlington.org/neighborhoods/substance_abuse/Burlington%20Substance%20Abuse%20Resource%20Guide.pdf

AA Meetings 802-860-8382
www.aavt.org

NA Meetings 802-862-4516

Act I/Bridge and Assist 802-859-1230
Short term residential, Burlington

Alcohol Crisis Team 802-859-1230

Howard Center, Burlington 802-865-6114

Maple Leaf, Underhill 800-254-5659

Rocking Horse 802-660-0178



Seneca Center, Burlington 802-847-3333

Substance Abuse Information

VT - <http://www.state.vt.us/adap/vermontparentguide.htm>

NH - <http://www.concordprevention.org/>

NY - 800-993-3869

MA - 800-327-5050

Treatment Resources in VT. <http://www.state.vt.us/adap/treat-fs.htm>

Turning Point Recovery Center 802-861-3150

Vermont Cares 800-649-2437
www.vtcares.org

SUICIDE

National Suicide Prevention Lifeline 800-273-TALK (8255)

Or 800-SUICIDE (784-2433)

www.suicidepreventionlifeline.com

Suicide Referral Information. <http://www.mentalhealth.samhsa.gov/databases>

Applied Suicide Intervention Skills Training (ASIST) . . . 802-295-9363x5416

A two-day workshop designed to provide participants with gate keeping knowledge and skills. Gatekeepers are taught to recognize the warning signs of suicide and to intervene appropriately. The two-day workshops are delivered to up to 30 participants by at least two trainers. Both the active duty Army and Air Force use this program extensively for training front line supervisors, officers, NCOs, mental health workers and family support group leaders.

TEACHERS

See Children/Adolescents

TEENAGERS

See Children/Adolescents



AS OF OCTOBER 2009

TRAVEL

- Armed Forces Vacation Club www.afvclub.com
- Space-Available and Space Required Travel www.transcom.mil
Or <http://public.amc.af.mil/Library/SPACEA/spacea.htm>
- Special Offers on Travel www.armymwr.com
- Hero Miles..... www.heromiles.org
Free airline tickets for reuniting hospitalized soldiers and family

VETS CENTERS

Vet Center Readjustment Counseling Service

Assisting veterans and their families toward a successful postwar adjustment offering: readjustment counseling (including PTSD treatment), bereavement, alcohol & drug, trauma, marriage and family, and benefits counseling as well as job services and assistance in obtaining services at the VA and community agencies.

- no co-payments or charges for Vet Center services
- services are completely confidential

<http://www.va.gov/rcs/> 800-905-4675

- VT - [South Burlington](#) 802-862-1806
359 Dorset Street, 05401
[White River Junction](#) 802-295-2908
Toll Free 800-649-6603
Gilman Office Complex #2, 222 Holiday Inn Drive, 05001
- NH - [Auburn](#) 603-623-4204
15 Dartmouth Drive, Suite 204, 03032
[Manchester](#) 603-668-7060
103 Liberty Street, 03104
- NY - [Catskill](#) 518-943-7515
Suite A102, 159 Jefferson Heights, 12414
[Clifton Park](#) 518-383-8506
1673 Route 9, 12065
[Fonda](#) 518-853-1247
2623 State Highway 30A, 12068



	<u>Glens Falls</u>	518-798-6066
	84 Broad Street, 12801	
	<u>Malone</u>	518-481-2545
	133 Park Street, 12953	
	<u>Plattsburgh</u>	518-561-8310
	43 Durkee Street, Suite 300, 12901	
	<u>Schenectady</u>	518-346-3334
	1322 Gerling Street, Sheridan Plaza, 12308	
	<u>Troy</u>	518-274-7707
	295 River Street, 12180	
MA -	<u>New Bedford</u>	508-999-6920
	468 North Street, 02740	
	<u>Springfield</u>	413-737-5167
	1985 Main Street, Northgate Plaza, 01103	
	<u>Mobile Vet Center</u>	800-649-6603 or 802-295-2908
	222 Gilman Office Complex, WRJ, VT 05001	
	Email: Jerry.greenwood@va.gov	

VERMONT VETERAN AND FAMILY OUTREACH PROGRAM

	Colchester	802-338-3077 or 802-338-3078
	Berlin	802-224-7108
	Enosburg Falls	802-933-2166
	Lyndonville	802-626-4085
	Williston	802-879-1385
	Rutland	802-773-0392
	Windsor	802-674-2914
	Bennington	802-442-2980
	24 Hour Hotline	888-607-8773

VETERANS SERVICE ORGANIZATIONS

VSO Directory	http://www1va.gov/vso/index.cfm
Disabled American Veterans (DAV)	802-296-5167
Veterans of Foreign Wars (VFW)	802-223-5368
American Legion (AL)	802-223-7131



AMVETS 877-7AMVETS

Vietnam Veterans of America 802-775-1745

WOMEN

Women Veterans

The WVPM coordinates the provision of comprehensive (including gender specific) health care services to women veterans and plans for establishment of new specialty or primary programs and the expansion of existing programs to meet the needs of women veterans. The WVPM also ensures equity of access, service and benefits to women veterans; coordinates the provision of state-of-the-art diagnostic, treatment, consultation and referral services for women veterans; coordinates medical and/or surgical health care services and provides psychological care of mental health needs.

Bobbie Surott Kimberly, LICSW, CTRS 866-687-8387x5743
Women's Veterans Program Manager 802-295-9363 x5743

Women's Rape Crisis Center 802-863-1236

Women's Emergencies 800-489-7273

WomenSafe Hotline 800-388-4205

Domestic Violence Emergency Hotline 800-228-7395

YOUTH

See Children/Adolescents



CIVILIAN RESOURCES

AGENCY OF HUMAN SERVICES DEPARTMENT OF CHILDREN AND FAMILIES

Field Directors in twelve offices around the state can provide navigation, coordination, and problem solving assistance to Vermonters who are experiencing barriers in accessing services.

Statewide—Scott Johnson802-241-4556
scott.johnson@ahs.state.vt.us	
St. Albans/Morrisville—Wendi-Sue Allard802-888-2536
wendisuea@wpgate1.ahs.state.vt.us	
Newport—Rever Kennedy802-334-3915
rever.kennedy@ahs.state.vt.us	
St. Johnsbury—Greg MacDonald802-751-0168
gregory.macdonald@ahs.state.vt.us	
Barre—Don Mandelkorn802-479-7594
don.mandelkorn@ahs.state.vt.us	
Hartford—Sara Kobylenski802-295-4115
sara.kobylenski@ahs.state.vt.us	
Burlington—Mark Schroeter802-863-7403
mark.schroeter@ahs.state.vt.us	
Middlebury—Frank Mazza802-388-3146
frankm@wpgate1.ahs.state.vt.us	
Rutland—Richard Giddings802-786-5817
richard.giddings@dcf.state.vt.us	
Bennington—Bob Hanaan802-447-6960
bob.hanaan@dail.state.vt.us	
Brattleboro—John Swartz802-257-2573
john.swartz@ahs.state.vt.us	
Springfield—Jeanne Neal/Bob Brickey802-885-8860
jeannen@wpgate1.ahs.state.vt.us	
bobb@wpgate1.ahs.state.vt.us	

AMERICAN LEGION

See Veteran's Organizations



BRAIN INJURY ASSOCIATION OF VERMONT

Offers Information, referral, assistance and support to Vermonters with brain injury. www.biavt.org

Trevor Squirrel877-856-1772

P O Box 482 Waterbury, VT 05676

Support1@biavt.org

Ted Stachulski802-433-5921

241 Business Center Road Lot 2, Williamstown, VT 05679

tstachulski@yahoo.com

COMMUNITY ACTION AGENCIES

Assistance with housing, food, emergency services, and weatherization. Services are geared toward the low-income population, families, and persons with disabilities.

Addison County Community Action 802-388-3608
(Addison County)

Bennington-Rutland Opportunity Council 802-447-7515
(Bennington & Rutland County) 802-775-0878

Champlain Valley Office of Economic Opportunity 802-864-5931
(Chittenden County)

Franklin-Grand Isle Community Action 802-527-7392
(Franklin & Grand Isle County)

Central Vermont Community Action Council 800-846-9506
(Orange, Washington & Lamoille County)

Northeast Kingdom Community Action 800-639-4065
(Caledonia & Orleans County)

Southeastern Vermont Community Action 800-464-9951
(Windsor & Windham County)

Community Action Brattleboro Area 802-257-0066

DISABLED AMERICAN VETERANS



FRIENDS OF RECOVERY VERMONT

Promotes the power of recovery from addictions to improve the quality of life and health for Vermonters. www.friendsofrecoveryvt.org

Patty McCarthy, MS 800-769-2798
P O Box 1202, Montpelier, VT 05601
Email: recoveryvt@aol.com

FRIENDS OF VETERANS

A 501© 19 non-profit corporation run by volunteers that accepts tax-deductible contributions for the purpose of aiding veterans and their families in times of crisis; primary focus is on preventing homelessness.

Jim Newberry, Bruce Bouley, Larry Daigle 802-296-8368
222 Holiday Drive, Suite 5, White River Junction, VT 05001
Email: fov@valley.net

HEALTHNET FEDERAL SERVICES (TRICARE)

Healthnet is the Northeast contractor for TRICARE for military families, active duty personnel and retirees. www.healthnetfederalservices.com

Denise Luck 877-TRICARE
43 Durkee Street, Suite 400, Plattsburgh, NY 12901

INVEST EMPLOYEE ASSISTANCE PROGRAM

As the Employee Assistance Program for the State of Vermont and many other Vermont employers, INVEST EAP understands the need to respond comprehensively to individuals and families impacted by military service and provides its members with access to confidential counseling and assessment, referral, resources, and follow up. www.investeap.org

Myra Handy 888-392-0050
103 South Main Street, 317 Ladd Hall, 3rd Floor, Waterbury, VT 05671
Email: myrah@investeap.org

MARTIN'S POINT US FAMILY HEALTH PLAN

The Martin's Point USFHP is a TRICARE Prime option for military beneficiaries—including families of active duty personnel and retirees and their families—that is now available in Bennington, Brattleboro, Montpelier, Rutland, Windsor and White River Junction. www.martinspoint.org



Angela Petrone 800-240-9129
21 Aviation Road, Albany, NY 12205
Email: angelape@martinspoint.org

MILITARY ONE SOURCE

Provided by the Department of Defense at no cost to all active duty service members and members of the National Guard and Reserve and their families. Services may include help with car repair, money management, spouse employment, child care, plumbing, counseling, relocation, and more. www.militaryonesource.com

24/7 Hotline 800-342-9647

NATIONAL ALLEGIANCE FOR THE MENTALLY ILL

A non-profit organization providing support, education and advocacy to family members and individuals living with mental illness. Services include free support groups and classes for family members, professional education, and a toll-free information and referral "warm" line. Also sponsors the Vermont Vet-to-Vet program, which offers peer-led support groups for veterans in Colchester and White River Junction. www.namivt.org

Executive Director , Larry Lewack. 802-244-1396
162 South Main Street, Waterbury, VT. 05676 800-639-6480
namivt1@verizon.net

NATIONAL CENTER FOR PTSD

Expertise in dealing with combat stress related problems, creating educational guides and products and conducting trainings to educate service members and the public. www.ncptsd.va.gov

Laurie Sloane 802-296-5132
215 North Main Street (116D), White River Jct., VT 05009
Email: laurie.b.slone@dartmouth.edu

OPPORTUNITIES CREDIT UNION

Non-profit, member-owned and federally insured credit union offering affordable assistive technology loans for disabled Vermonters, as well as programs that help ordinary Vermonters with homeownership, small business development, reliable transportation, financial stability, and economic literacy



Leandre Waldo-Johnson 800-865-8328
18 Pearl Street, Burlington, VT 05401
Email: lwaldojohnson@oppsvt.org

PAVE BENNINGTON

PAVE offers a 24/7 confidential hotline, court advocacy, supervised visitation, transitional housing assistance and case management to victims of domestic and sexual violence.

Joan M. Sakalas 802-442-2370
Hotline 802-442-2111

SUNRISE FAMILY RESOURCE CENTER

Provides a range of services including general information and referral, parenting education and support in groups and one-on-one, and specializing child care information and referral services including assistance with state subsidy through the Bennington County Child Care Association.
www.sunrisefamilyresourcecenter.org

Linda Bennett 802-442-6934
244 Union St, Bennington, VT 05201
Email: Linda.bccca@comcast.net

STATE BENEFITS ADVISOR

Employed by the National Guard Bureau to assist deploying soldiers, newly discharged veterans, and soldiers on medical hold with information about VA benefits, compensation, education, vocational rehabilitation, life insurance, home loans, and burial benefits.

Ronnie LaBounty 802-338-3354
789 Vermont Nat'l Guard Road, Colchester, VT 05446
Email: ronnie.m.labounty@vt.ngb.army.mil

TRAUMATIC BRAIN INJURY PROGRAM

Diverts and/or returns Vermonters with a moderate to severe TBI from facilities to a community based setting, and offers consultation, public education and training. www.dad.state.vt.us/tbi/

Glen McClintock 802-241-3719
103 South Main Street, Weeks 2A, Waterbury, VT 05761
Email: glen.mcclintock@ahs.state.vt.us
Erin Weaver 802-241-1456



AS OF OCTOBER 2009

TURNING POINT CLUB

A recovery center that provides a safe, supportive, substance free space for those interested in recovery. We hold several different recovery meetings, many of which are 12 step programs that share their experience, strength and hope with each other that they may solve their common problems and help other recover.

Sue Mason, Bennington 802-442-9700
465 Main Street, P O Box 454, Bennington, VT 05201
Email: turningpointclub@comcast.net
Lisa Steckler, Rutland. 802-773-6010
141 State Street, Rutland, VT 05701

VA CHAPLAIN SERVICES

VA Chaplains work with the chaplains from the NG Family Program and Vermont State Guard to provide spiritual guidance, pastoral counseling and free copies of the book, "Down Range-to Iraq and Back" to veterans and their families.

Rev. Joseph O'Keefe 802-295-9363
215 North Main Street, White River Jct., VT 05009
Email: joseph.okeefe@med.va.gov

VERMONT ASSOCIATION FOR MENTAL HEALTH

Works to improve access to behavioral health care services for all Vermonters including returning veterans and their families. www.vamh.org

Ken Libertoff 802-223-5252
P O Box 165, Montpelier, VT 05601
Email: vamh1@aol.com

VERMONT 211

Confidential information and referral program of United Ways of Vermont. Provides person to person assistance, problems solving support, information and referrals to local, statewide, regional, and nationwide resources for veterans and military families. www.vermont211.org

Vermont 211 Tollfree from VT Dial 211
. 866-652-4636
95 St. Paul Street, Suite 210, Burlington, VT 05401



VERMONT COMMITTEE FOR EMPLOYER SUPPORT OF THE GUARD AND RESERVE

ESGR works to promote cooperation and understanding between reserve component members and their civilian employers and to assist in the resolution of conflicts arising from an employees military commitment.
<http://www.esgr.com>

John MacLeod802-338-3249
789 Vermont Nat'l Guard Road, Colchester, VT 05446

VERMONT CONGRESSIONAL DELEGATION

Caseworkers can help veterans and military families resolve problems with federal benefits and programs—including VA, TRICARE, IRS, Social Security, federal housing programs, military pay, and can also help identify resources.

Sen. Patrick Leahy's Office800-642-3193
John Tracey, Caseworker
199 Main Street, Burlington, VT 05401
Email: john_tracey@leahy.senate.gov

Sen. Bernie Sanders Office800-339-9834
Geoffrey Pippenger, Caseworker
1 Church Street, Burlington, VT 05401
Email: Geoffrey.pippenger@sanders.senate.gov

Cong. Peter Welch's Office888-605-7270
Jon Copans, Caseworker
30 Main Street, 3rd Floor, Suite 350, Burlington, VT 05401
Email: jon.copans@mail.house.gov

VERMONT DEPARTMENT OF LABOR - VETERANS EMPLOYMENT REPRESENTATIVES

DOL veterans representatives assist returning veterans with re-employment rights when referring individuals to job openings, USDOL funded training programs or related services; and make referrals to federal, state, and veterans service programs.

Barre802-476-2600
Bennington802-447-2865
Brattleboro802-254-4555
Burlington802-652-0338



Middlebury	802-388-4921
Morrisville	802-888-1318
Newport	802-334-6545
Rutland	802-786-8836
St. Albans	802-524-6585
St. Johnsbury	802-748-8836
Springfield	802-885-8898
White River Junction	802-295-8805

VERMONT MEDICAL SLEEP DISORDERS CENTER

Providing free screening for veterans and their families to determine if they have sleep disorders.

Ray Paquette 800-639-9300
139 Pearl Street, Essex Junction, VT 05452
Email: rpaquette@vermontsleepdisorder.com

VERMONT CENTER FOR INDEPENDENT LIVING

VCIL is a statewide, cross-disability, non-profit organization operated for and by people with disabilities providing services to help people with disabilities become more independent through such programs as: home access, community access, Sue Williams Freedom Fund, peer advocacy counseling, benefits to work, systems advocacy, and meals on wheels for people under 60. <http://www.vcil.org/>

Candace Stoumen 802-447-0574
324 Main Street, 2nd Floor, Bennington, VT 05201
Email: candace@vcil.org

VERMONT OFFICE OF VETERANS AFFAIRS

Veterans and their families should contact the office of Veterans Affairs to learn about their benefits, including assistance with VA claims and paperwork, obtaining copies of discharge records, casualty assistance and emergency financial assistance. www.va.state.vt.us

Clayton Clark 888-666-9844
118 State Street, Montpelier, VT 05620
Email: clayton.clark@state.vt.us



VERMONT PARENT INFORMATION CENTER

The mission of VPIC is to empower parents, families, and children with disabilities to become effective advocates to improve the child's education and quality of life. www.vtpic.com

Mike Mulcahy802-876-5315
600 Blair Park Road, Suite 301, Williston, VT 05495
Email: mmulcahy@vtpic.com

VERMONT PROTECTION & ADVOCACY, INC.

Private, federally funded non-profit that provides legal services related to abuse, neglect and violation of rights, for individuals with disabilities.
<http://www.vtpa.org/>

Marsha Bancroft 802-229-1355
141 Main Street, Suite 7, Montpelier, VT 05602
Email: marsha@vtpa.org

VERMONT PSYCHOLOGICAL ASSOCIATION

VPA is a resource for written materials on "Resilience in Times of War" addressing concerns from the pre-school level through those of the returning Veterans themselves; also providing names of VPA members offering psychological services in Vermont.

Rosanna Czermak802-229-5447
P O Box 1017, Montpelier, VT 05601
Email: vpaed@comcast.net

VERMONT STATE GUARD AND VSG CHAPLAINS CORPS

Vermont State Guard Chaplains, Chaplain Assistants and friends are professional clergy, lay ministers and other concerned religious personnel working closely with the Family Readiness Program. www.vtguard.com/vsg

Pat Boyden802-872-2619
435 Essex Road, Williston, VT 05495
Email: vermontveteran@verizon.net



VERMONT VETERANS HOME

A skilled nursing facility that provides care to veterans, their spouses, and gold star parents. www.vvh.state.vt.us

Colleen Rundell802-442-6353
325 North Street, Bennington, VT 05201
Email: colleen.rundell@state.vt.us

VET TO VET OF VERMONT

Peer support program for veterans of all eras, whether they served in combat or not. We are a 501c3 non-profit organization under the auspices of the National Alliance for the Mentally Ill, with support from the clinicians at the VA in White River Junction. Through the use of peer-facilitated group discussion, veterans help other veterans who are working to overcome mental illness and substance abuse issues. We believe it is essential that vets, especially newly returning vets, be able to talk safely and openly with a feeling of acceptance that only other vets can provide. Vet to Vet started in 2002 at the VA in West Haven, CT. <http://www.vtvettovet.org>

Vermont Vet-to-Vet 1-877-485-4534
PO Box 471
Northfield, VT 05663



VOC-REHAB VERMONT

A statewide program that provides employment services to all Vermonters with disabilities to assist them to work and participate in the communities of their choice. www.vocrehabvermont.org

Barre-Montpelier Regional Office	802-479-4210
Wendy Madigan	wendy.madigan@dail.state.vt.us
Morrisville District Office	802-888-5976
Chris Skarie	chris.skarie@dail.state.vt.us
Newport District Office	802-334-6794
Diane Graham	diane.graham@dail.state.vt.us
St. Johnsbury District Office	802-748-8716
Loria Ryan	loria.ryan@dail.state.vt.us
Burlington Regional Office	802-652-6856
Kathy Mason	kathy.mason@dail.state.vt.us
Middlebury District Office	802-388-4666
Donna McKay	donna.mckay@dail.state.vt.us
St. Albans District Office	802-524-7950
Tracy Comstock	tracy.comstock@dail.state.vt.us
Rutland Regional Office	802-786-5866
Janet Disorda	janet.disorda@dail.state.vt.us
Springfield Regional Office	802-885-2279
Pamela O'Hara	pamela.ohara@dail.state.vt.us
Bennington District Office	802-447-2780
Betty Kenyon	betty.kenyon@dail.state.vt.us
Brattleboro District Office	802-257-0579
Diane James	diane.james@dail.state.vt.us
White River Junction District Office	802-295-8850
Carlene Rea	carlene.rea@dail.state.vt.us
Central Office	802-241-1455
Janet Richard	janet.richard@dail.state.vt.us



VETERANS ORGANIZATIONS

AMERICAN LEGION

Post 1—St. Albans	802-524-5561
Post 2—Burlington	
Post 3—Montpelier	802-229-9043
Post 4—Proctorsville	
Post 5—Brattleboro	802-257-1872
Post 7—Hardwick	802-472-6143
Post 8—Norwich	
Post 9—Randolph	
Post 10—Barre	802-479-9058
Post 11—Woodstock	
Post 12—Richford	802-848-7704
Post 13—Bennington	802-442-8028
Post 14—Vergennes	802-877-3216
Post 15—Wilmington	
Post 16—Brookline	
Post 17—Jacksonville	
Post 18—Springfield	
Post 19—Bristol	802-453-2951
Post 20—Bradford	



Post 21—Newport	802-334-6181
Post 23—Orleans	802-754-6540
Post 24—Woodstock	802-457-9400
Post 25—Windsor	802-674-9967
Post 26—White River Junction	802-295-2886
Post 27—Middlebury	
Post 28—North Troy	
Post 29—Readsboro	802-423-7562
Post 30—Lyndonville	802-748-9862
Post 31—Rutland	802-773-9777
Post 33—Morrisville	802-888-4422
Post 35—Jeffersonville	
Post 36—Ludlow	802-228-3330
Post 37—Bellows Falls	802-463-9700
Post 38—Manchester Center	
Post 39—Poultney	
Post 41—Gilman	
Post 42—Enosburg Falls	802-933-4142
Post 43—Rochester	
Post 44—Manchester Center	
Post 45—Williston	
Post 46—Johnson	



Post 47—Canaan	802-266-8160
Post 48—Hartland	
Post 49—Fair Haven	802-265-7983
Post 50—Bomoseen	802-468-8962
Post 51—South Royalton	
Post 52—Wallingford	
Post 53—St. Johnsbury	
Post 55—Brandon	802-247-5709
Post 57—Milton	
Post 58—St. Johnsbury	802-748-9737
Post 59—Waterbury	802-244-8144
Post 60—Alburg	802-796-3574
Post 61—Chelsea	802-875-6009
Post 63—Northfield	802-485-6713
Post 64—Stowe	
Post 65—Swanton	
Post 66—Bethel	
Post 67—Chester	
Post 69—Arlington	802-375-6157
Post 75—Waitsfield	
Post 76—Barton	
Post 78—Newbury	



Post 79—Thetford	
Post 80—Island Pond	.802-723-6019
Post 82—Londonderry	
Post 87—West Rutland	.802-438-5111
Post 88—Sheldon	
Post 90—Pownal	.802-823-4626
Post 91—Colchester	.802-878-7757
Post 100—Montpelier	

VETERANS OF FOREIGN WARS

Post 648—Rutland County Post, Rutland	.802-775-0722
Post 758—Robert E. Glidden Post	.802-527-0956
Post 765—Howard B. Perry Post, Hancock	.802-767-3715
Post 771—Robert L. Johnson Post, Springfield	.802-885-4271
Post 778—Charles P. Daprato Post, Swanton	.802-868-3687
Post 782—Howard Plant Post, Burlington	.802-862-7219
Post 790—MacKenzie-Webster Post, Barre	
Post 792—Brown-Johnson Post, Montpelier	.802-229-9028
Post 793—Ralph J. Mollica Post, St. Johnsbury	.802-748-9065
Post 798—Alfred Pepin Post, Newport	.802-334-7717
Post 1034—Carl M. Dessaint Post, Brattleboro	.802-257-0438
Post 1332—Bennington County Post, Bennington	
Post 1767—John Ryan Post, Winooski	



Post 2309—Random Post, Island Pond

Post 2571—White River Post, White River Jct. 802-295-9745

Post 6471—Harned-Fowler Post, Manchester Center 802-362-9840

Post 6674—Northfield Post, Northfield 802-485-8112

Post 6689—Essex Junction Post, Essex Junction 802-878-0700

Post 7779—Hyde Park Post, Hyde Park 802-888-7779

Post 7823—Addison County Post, Middlebury 802-388-1011

Post 7848—Milton Post, Milton

Post 8284—Castleton Bicentennial Post, Castleton 802-468-8962

Post 8451—Coburn Eastman Post, Chelsea 802-685-3047

Post 9449—Green Mountain Post, Randolph 802-728-3389

Post 9653—Lamoille County Post, Morrisville 802-888-4919

Post 9685—Windsor, Windsor

Post 10034—Waterbury Post

Post 10037—Connecticut Valley Post, Wells River 802-747-2505

Post 10038—Lyndonville Post, Lyndonville 802-626-8632

Post 10155—Ludlow Post, Ludlow

Post 10202—45th Parallel Post, Canaan

Post 10854—Grand Isle Post, Grand Isle

VIETNAM VETERANS OF AMERICA

Chapter 1—Rutland 802-775-1745

Chapter 601—Bennington 802-447-0407



Chapter 723—Windsor	802-886-4357
Chapter 753—St. Albans	802-933-8958
Chapter 829—Essex Junction	802-868-5467
Chapter 843—Brattleboro	802-368-7654
Chapter 926—Bristol	802-453-5675



10 WAYS FOR CIVILIANS TO **REALLY** SUPPORT OUR TROOPS

- Thank them for their sacrifice.
- Leave opinions about the war at the door.
- Donate to organizations that support service members and their families.
- Friends, family members, and neighbors can give them a break.
- Employers can give military spouses more flexible hours before, during, and immediately after a deployment, understanding that the spouses' home demands may have doubled during this time.
- Educators and daycare providers can turn to Military Child Education Coalition, www.militarychild.org, to learn how to identify children facing deployment and help them get through it.
- Professional organizations can offer pro bono services, such as the Vermont lawyers who donated free legal services to families with a deployed service member.
- Churches and clubs can develop support groups and social events, especially around holidays when a deployed family member's absence may be extra hard.
- Book groups can invite military spouses for a joint discussion of *While They're At War*—it will help you better understand your military while helping military spouses connect with the local community, especially if they are new in town.
- Stay Engaged! Make sure your military reflects the country you want America to be.



AS OF OCTOBER 2009

For additions, corrections, or edits
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