



Veterans & Family Support

SCHOOL OF INSTRUCTION INFORMATION

"FROM OUR ROOTS TO OUR BRANCHES EXTENDING SERVICE TO OUR VETERANS."
"SETTING SAIL FOR OUR VETERANS"



2024 – 2025 PROGRAM HIGHLIGHTS: Veterans & Military Support Programs

- ❖ Military Assistance Program (MAP)
- ❖ National Veterans Service (NVS)
- ❖ Suicide Prevention & Mental Health Awareness and Prevention
- ❖ Childcare for Active-Duty Service Members
- ❖ Unmet Needs
- ❖ Sport Clips” Help a Hero Scholarship”



When reporting REMEMBER to include:

1. Auxiliary chairperson or Auxiliary Presidents name and contact information in case there are any questions.
2. Complete the miles, hours, program costs and volunteers.
3. Report by the 15th of the month for any activities completed during the previous month.



THE FOLLOWING PROGRAMS ARE FOR ACTIVE DUTY AND RECENTLY DISCHARGED MILITARY PERSON(S). THEY ARE INCLUDED UNDER THE VFW VETERANS & MILITARY SUPPORT PROGRAMS UMBRELLA:

Military Assistance Program (MAP)

- Helps to create and solidify bonds between local military units and the Posts, Districts and Departments in their respective areas by providing financial assistance to sponsor morale-boosting sends-offs, homecomings, and casual get togethers.
 - o Examples include:
 - Adopt-A-Unit
 - Family Readiness events
 - Providing care packages including stamps
- MAP funds guidelines can be obtained by contacting the VFW Veterans & Military Support Office at (816) 756-3390.



Unmet Needs

- Provides up to \$1,500 in financial assistance to assist with housing, utility costs, food, insurance, automobile repairs & clothing.
- The money will be paid directly to the creditor or place where assistance is being directly requested from.
- The money does not have to be paid back – it is a grant.
- Learn more from: vfw.org/assistance/financial-grants.



VFW “Sport Clips” Help A Hero Scholarship

- The purpose of this program is to say “Thank You” to our military active, retired, veterans for their dedication and service to our great nation.
- The Scholarship awards up to \$5,000 to veterans and service members to assist them in completing their educational goals without worrying about the burden on student loans.
- Visit: vfw.org/student-veterans-support



Veteran & Military Suicide Prevention and Mental Health Awareness

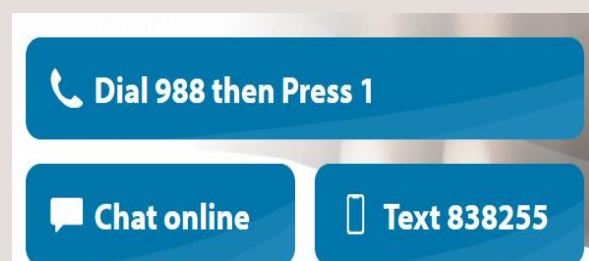


Take time to 'listen' to the verbal and non-verbal cues and behaviors that lead to suicide in our veterans. More than 16 veterans commit suicide each day. Both the VFW & Auxiliary are committed to helping change the conversation and stigma surrounding mental health.



The Veterans Crisis Line is a primary point of contact.

They connect veterans in crisis, their families and friends with qualified, caring responders in the Department of Veterans Affairs. They can call, text or use the online chat option. The services are confidential. They are available 24 hours a day, 7 days a week, 365 days per year. Services are also available for anyone who is deaf or hearing impaired. Call, text or chat by going to: www.veteranscrisisline.net/get-help-now/chat/



Suicide Awareness Prevention Pin

The pin will draw attention and you can let the person(s) inquiring that we are concerned about service members and veterans' mental health. This is also a great way to engage a potential member. They can be purchased from the VFW Store for \$3.25 each. The VFW store product number is #01724.



Auxiliary Thank You Coins

The Auxiliary THANK YOU coins are an effective way to show your support for our current and veteran service men and women. Hand them out wherever you go. They also can be a friendly conversation starter for potential members. They can be purchased from the VFW store for \$3.25 each. The VFW store product number is #01925.



VFW Mental Wellness Campaign Initiative was originally commissioned in 2016 by then VFW National Commander Brian Duffy and VFW Auxiliary National President Colette Bishop in the hopes of leveraging power and influence of about 1.7 million members of VFW Posts and Auxiliaries not only in the United States but around the world to promote mental health wellness. The website is: vfw.org/assistance/mental-wellness.





Other resources related to this mental health well-being initiative include:

1. **The Campaign to Change Direction** - focuses on changing the stigma related to mental health diagnosis and awareness. They promote caring for your mental health in the same manner that you do your physical health.
2. **Give An Hour** – focuses on mental wellness within the military and veteran communities. “We listen to what individuals want and need, educate mental health providers to understand the community on a deeper level and customize their services to be both responsive and supportive towards long term health and wellness. Their website is www.giveanhour.org
3. **Patients Like Me** - is a web-based organization that has over 850,000 members. They are an “online research and resource for patients to utilize.” It allows them to learn about their condition, connect with others, track the progression of the condition(s), and freely share information about their own journey. Visit them by going to: patientslikeme.com/join/vfw
4. **One Mind** – “visionary change through science, business, and media to transform the world’s mental health. Inspired by our founders' lived experience, we work to heal the lives of people impacted by brain illness and injury through global, collaborative action.” Their website is: onemind.org
5. **The Elizabeth Dole Foundation** – was founded in 2012 by Senator Elizabeth Dole. **Their sole mission is to** empower, support, and honor our nation’s 5.5 million military caregivers; along with the spouses, parents, family members, and friends who care for America’s wounded, ill, or injured veterans. They do this by raising public awareness, driving research, championing policy, and leading collaborations that make a significant impact on their lives. Their vision is to have a nation that honors the service of military and veteran caregivers and their families by recognizing, supporting, and investing in them. Visit them for more information at: elizabethdolefoundation.org
6. **Help Heal Veterans (Therapeutic Craft Kits)** – Their website is: healvets.org. Their mission is to *heal by using medicine that does not come in a bottle*. They use arts and crafts as a tool to ease PTSD, depression, anxiety, and other conditions. They offer therapeutic craft kits free of charge to veterans.
7. **Veterans Voices Writing Project (www.veteransvoices.org)** actively encourage all military veterans to express their thoughts and feelings in writing and to send their stories, poems, essays, and artwork to the Veterans Voice headquarters for possible publication in *Veterans’ Voices*. They use writing as an outlet for and for healing.

Women Veterans Services & the Deborah Sampson Act



Deborah Sampson became a hero of the American Revolution. She disguised herself as a man, named Robert Shurtleff, and joined the Patriot forces. *"Sampson's decision to join the Continental Army was not only an act of bravery but also a means of defying societal norms which restricted women's roles to homemakers and caretakers. Her determination to serve her country was UNWAVERING despite her own personal sacrifices."* During her time in the military, she even became part of an elite unit under the charge of General John Patterson.

Her identity was not discovered for almost two years. It was discovered by others when she became ill during an epidemic and was taken to a hospital after losing consciousness. Even the doctor kept her secret while he was treating her. *He honored her bravery and dedication by personally attending to her and allowing her to be discharged from the army without punishment.* It was not until the Treaty of Paris was signed by Henry Knox that she received an honorary discharge on October 23, 1783, and earned a full military pension.

The powerful act known as the Deborah Sampson Act was passed on January 5, 2021. There are nearly TWO million women veterans across our country who need accessible and comparable health care. Under this act, they will get the care they so desperately need as, this pivotal act provides improved quality of care for women veterans.

Here are a few key highlights about the Deborah Sampson Act:



- The VA will be required to take the necessary steps to end harassment and sexual assault including gender-based harassment.
- Every VA medical center and community-based outpatient clinic must have an office of Women's Health to address the specific needs of women. They must be accessible and open during regular business hours.
- It will provide more reintegration and readjustment group counseling retreats for women veterans and their families.
- Improve the access to care and benefits for survivors of military sexual trauma (MST) including former Guard and Reserve members.
 - o Allowing the VA to treat the physical health conditions of MST and
 - o Improving the claims process





Here the program goals:

- Donate to VFW National Veterans Service.
- Donate to VFW Veterans & Military Support Program.
- Donate at least 10¢ per member for VFW National Home's Health & Happiness.
- Supporting the VFW National Home.
- Promote the Military & Veteran Helpline.
- Support Homeless Veterans.
- Promote VFW Sport Clips Help-A-Hero Scholarship
- Promote/Participate, sponsor an event in November for Military Family Month.

If you question whether you can report a project/activity, ask yourself, does this project/activity benefit veterans, military, members of the VFW and Auxiliary or their families?



Get ready to  this program
year with Department President Debbie Sturgis!!



Reports can be sent to Department Chairman:

VaNette Jones

P.O. Box 558

Fruitland, MD 21826-0558

Email: beaveteranspal@comcast.net

Phone: (667) 221-2199



Veterans & Family Support

2024 - 2025 Report Form

VaNette Jones, Department Chairman

P.O. Box 558

Fruitland, MD 21826



667-221-2199 beaveteranspal@comcast.net

Auxiliary _____ District _____ Month _____ Chairman _____

Reporting Period: From _____ To _____

Hours _____ Projects Cost \$ _____ Mileage _____ Volunteers # _____

Did your Auxiliary promote, participate, host or co-host with your VFW post any activities for:

- a. Disaster Relief Yes _____ No _____
- b. Military Assistance (MAP) Yes _____ No _____
- c. National Veterans Service (NVS) Yes _____ No _____
- d. Unmet Needs Yes _____ No _____
- e. Veterans & Military Suicide Prevention and Mental Health Awareness Yes _____ No _____

Did your Auxiliary provide direct aid to Veterans, service members and or their families? Yes _____ No _____
(example: meals, transportation, cards, packages, donations, etc.)

Total monetary value of donations and goods/services provided \$ _____

Total monetary donations provided \$ _____

Approximate number of veterans, service members and/or their families assisted. # _____

What did your Auxiliary do to provide aid to veterans, active-duty military and/or their families? (i.e. meals, transportation, cards, packages, donations, etc.)

Number of Get Well Cards sent - 25pts per card	Cost/Value of Get Well Cards	Number of Sympathy Cards sent - 25pts per card	Cost/Value of Sympathy cards	Other Cards sent - 25pts per card	Cost/Value of Other cards

Other Veterans & Family Support projects (use an additional sheet if necessary):