

Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn



Welcome Home and Thank You for your Service to our Country!

VA is ready to provide health care and more to our newest Veterans returning from the armed services. Here are some of the benefits VA provides that you need to know about:

✦ **Health Care Eligibility for 5 years** — Combat Veterans are eligible to receive 5 years of free health care for conditions potentially related to combat service. Your five year eligibility will begin upon your military separation date.

✦ **Dental Benefits** — We provide dental examinations and benefits to veterans with service related dental conditions. You may be eligible for one-time dental care, but *you must apply for a dental exam within the first 180 days of your separation date*. Visit the VA website for more information.

✦ **OEF/OIF Programs** — Every VA Medical Center has a team ready to welcome OEF/OIF/OND service members and help coordinate their care. *Contact your local VAMC to request to talk to an OEF/OIF/OND case manager or go to <http://www.oefoif.va.gov/> for more information.*

✦ **Seamless Transition Clinic- Truman VA's "one stop"**. Veterans are able to see a Primary Care Physician, Behavioral Health and OEF/OIF/OND Social Worker to discuss benefits.

✦ **Veterans Benefit Administration (VBA)** — Non-health related benefits that may include: financial benefits, home loans, vocational rehabilitation, education, and more. Visit the Veterans Benefits Administration for more information at www.vba.va.gov

Phone Numbers

Benefits:	1-800-827-1000
Education & Training:	1-888-442-4551
Life Insurance:	1-800-669-8477
Special Issues:	1-800-749-8387
Health Care:	1-877-222-VETS (8387)
Headstones/Markers:	1-800-697-6947
VA Inspector General:	1-800-488-8244
Suicide Prev. Hotline:	1-800-273-TALK (8255)
TDD:	1-800-829-4833

www.oefoif.va.gov

Services

Harry S. Truman Memorial Veterans' Hospital

Health Care: (573) 814-6000

Hospital, outpatient medical, dental, pharmacy, prosthetic services and much more

Dental: (573) 814-6355

VA outpatient dental treatment includes the full spectrum of diagnostic, surgical, restorative and preventive procedures. The extent of care provided may be influenced by eligibility category.



Women Veterans: (573) 814-6457

Women Veteran Program Managers are available at every VA medical center across the nation to advise and advocate for women Veterans.

Housing: (573) 814-6244

VA offers help in locating available services for temporary housing and other associated services.

<http://www1.va.gov/homeless/>

Stress and Mental Health Challenges: 1-800-273-TALK (8255)

Substance Abuse Programs: Addictions Treatment Program (ATP): (573) 814-6486

Prosthetics and Sensory Aids: (573) 814-3632

Vet Centers: www.vetcenter.va.gov

The Vet Center program provides a wide range of readjustment counseling to all combat Veterans and their families. Vet Centers are located outside of medical facilities in the communities where Veterans live.

Columbia, MO 573-814-6206 **Kansas City, MO** 816-753-1866;

Springfield, MO 417-881-4197 **St. Louis, MO** 314-531-5355

Compensation and Pension: <http://www.vba.va.gov/VBA/>

VA can pay you monthly compensation if you are at least 10% disabled as a result of your military service. The Veterans Benefits Administration website provides benefit information and the Compensation and Pension Benefits page provides specific information as well. Find a Service Officer in your Area: **1-866-838-4636**

Education and Training: GI Bill: 1-888-442-4551

VA pays benefits to eligible Veterans, reservists, and active duty service members while they are in an approved education or training program.

Loan Assistance: 1-800-827-1000 or <http://homeloans.va.gov/sah.htm>

VA offers a number of home loan services to eligible Veterans, some military and certain surviving spouses to include guaranteed loans, refinancing loans and special grants.

Employment and Jobs:

VA offers employment assistance and can be accessed through these websites:

- Job Openings at the VA for disabled Veterans: <http://www.va.gov/jobs/>
- U.S. Department of Labor: job training counseling, employment placement:
- Vocational Rehabilitation: The mission of VR&E is to help veterans with service-connected disabilities to prepare for, find and keep suitable jobs. Contact: **314-552-9881**

WELCOME HOME: NEW WEBSITE LAUNCH!

We have launched a new version of the Returning Service Members site. Our goal is to connect you with VA quickly — to get you the health care and other benefits you have coming to you. Go To:

WWW.OEF.OIF.VA.GOV

VA Has Gone Mobile

Visit <http://m.va.gov>

to read and share featured VA news stories, watch videos, learn more about benefits ...and much more!



WANT TO BE HEARD?



FOCUS GROUPS

WHO: Returning combat Veterans and their families

WHAT: To provide feedback about experiences and services received from Truman VA

WHEN: Call OEF/OIF/OND program to find out when and where the next meeting is held! See below.

WHERE: All groups are held at Truman VA.

WHY: The goal of these focus groups is to ensure you are receiving necessary health and mental health services.

Contact:

OEF/OIF/OND Program Manager
Stacey Dennis, LCSW 573-814-6639

For more information!

LOOKING FOR RESOURCES?

Education




	Eligibility	What's Offered	Contact Information
GI Bill	<ul style="list-style-type: none"> ➤ Must be honorably discharged ➤ Incur a six-year Selected Reserve Obligation ➤ Maintain Selected Reserve status: good standing. ➤ If you leave Selected Reserve, generally your benefits end the day you separate unless separation is due to disability. ➤ Eligibility generally expires 10 years after the service-member's discharge. <p><i>The reserve components (DoD) decide who is eligible for the program.</i></p>	<p><u>Training For:</u></p> <ul style="list-style-type: none"> ➤ Undergrad/Grad degree ➤ Certificate/degree from technical school ➤ Apprenticeship/On-the-job training..... 	<p>1-888-GIBILL1 (1-888-442-4551)</p> <p>www.gibill.va.gov</p> <p>Hearing Impaired: 1-800-829-4833</p>

Job Training/Education


	Eligibility	What's Offered	Contact Information
Vocational Rehab <i>Voc. Rehab determines eligibility</i>	<ul style="list-style-type: none"> ➤ Must first be awarded a monthly VA disability compensation payment (unless awaiting discharge from service because of a disability) ➤ Must be 20% service-connected (10% if determined Veteran has serious employment handicap) ➤ Time limit is generally 12 yrs from date VA notified Veteran of SC rating 	<ul style="list-style-type: none"> ➤ Vocational/personal counseling, education and training, financial aid, job assistance, medical/dental treatment. ➤ Services last up to 48mo (3 yrs); may be extended in certain instances 	<p>Federal: 314-552-9881 State: 877-222-8963 Truman VA: 573-814-6488</p> <p>http://www.vba.va.gov/bln/vre/vrs.htm http://dese.mo.gov/ur/vocrehab.htm</p>

Financial Assistance

	Eligibility	What's Offered	Contact Information
<p>Missouri Veterans Commission</p> 	<p>All Active Duty, Guard/Reserve Service Members & Family Members</p>	<ul style="list-style-type: none"> ➤ Advocacy and referral for monetary assistance, depending on certain eligibility 	<p>Missouri Veterans Commission 573-751-3779 OR 573-522-4220</p> <p>http://www.mvc.dps.mo.gov/OO/Info/Info.html</p>
<p>Military OneSource*</p> <p>May utilize 180 days from military discharge</p>	<p>All Active Duty, Guard/Reserve Service Members & Family Members</p>	<p><u>Face to Face or on the Phone</u></p> <ul style="list-style-type: none"> ➤ Budgeting ➤ Managing credit ➤ Financial Planning... <p>Referrals to consultant in Veteran's area</p>	<p>1-800-342-9647 www.militaryonesource.com</p>

LOOKING FOR RESOURCES?

Counseling Services

	Eligibility	What's Offered	Contact Information
<p>Military* OneSource</p> <p>May utilize 180 days from military discharge</p>	<p>All Active Duty, National Guard and Reserve Service Members</p> <p>Family Members</p> <p>(Refers to consultant in veteran's area)</p>	<ul style="list-style-type: none"> ➤ Problem solving, coping w/ stress, family & marital issues, parent/child communication, crisis situations, grief and loss ➤ Available for: <ul style="list-style-type: none"> ○ Individuals ○ Couples ○ Families ○ Children 	<p>1-800-342-9647</p> <p>www.militaryonesource.com</p> 
<p>Military and Family Life Consultant Program (MFLCP)*</p> <p>May utilize 180 days from military discharge</p>	<p>All Active Duty, Guard/Reserve Service Members & Family Members</p> <p>(Refers to consultant in Veteran's area)</p>	<ul style="list-style-type: none"> ➤ Life Skills <ul style="list-style-type: none"> ○ Anger Management ○ Parenting ○ Relationship issues ○ Productivity at work ○ Decision making skills... ➤ Military Lifestyle <ul style="list-style-type: none"> ○ Deployment stress ○ Transitioning to civilian life ○ Relocation adjustment ○ Separation ○ Coping Skills ○ Emotional Well-Being 	<p>1-888-755-9355</p> <p>www.mhngs.com</p>

Travel

	Eligibility	What's Offered	Contact Information
<p>Travel Reimbursement</p>	<ul style="list-style-type: none"> ➤ Service Connection rating of 30% + ➤ Low income (See below) ➤ Receive VA pension ➤ Can present clear evidence of inability to defray cost of travel 	<p>Travel Reimbursement</p> <p>General Patient Travel.....\$.41.5 per mile Scheduled appointments qualify for round-trip mileage—unscheduled visits are limited to return mileage only.</p> <p>VA Directed Travel..... \$.41.5 per mile</p>	<p>537-814-6000 ext. 53137</p>

Travel Reimbursement (and Medication Co-payment) Thresholds 2012



Single Veteran	\$12,256
Married Veteran with 1 dependent	\$16,051
Married Veteran with 2 dependents	\$18,144
Married Veteran with 3 dependents	\$20,237
Married Veteran with 4 dependents	\$22,330
Married Veteran with 5 dependents	\$24,423
Married Veteran with 6 dependents	\$26,516
\$2,093 for each additional dependent	

WEBSITES/CONTACTS

NATIONAL RESOURCE DIRECTORY

WWW.NATIONALRESOURCE DIRECTORY.ORG

The National Resource Directory (NRD) is an online partnership for wounded, ill and injured Service Members, Veterans, their families, families of the fallen and those who support them. The NRD provides information on, and access to, medical and non-medical services and resources across the country, which will help these individuals reach their personal and professional goals as they successfully transition from recovery to community living.

COMMUNITY RESOURCES

DIAL: 2-1-1

A referral and resource number for Columbia,
Boone County and rural mid-Missouri

www.211missouri.org



EMPLOYMENT WEBSITES

www.militaryhire.com

www.dhhs.mo.vog/EmploymentOpportunities/

www.greathires.com

www.missouri.gov/mo/teledir.htm

www.ease.mo.gov

www.americasheroesatwork.gov

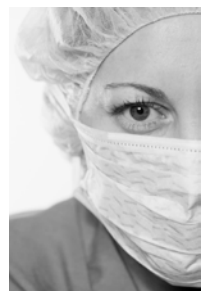
www.jobbankusa.com

www.copl.army.mil

www.careerbuilder.com

www.usajobs.gov

<http://www.mynextmove.org/vets/>





Know the Signs

Watch for these key suicide warning signs, and provide the Lifeline number to anyone exhibiting them.

- Talking about wanting to hurt or kill oneself
- Trying to get pills, guns, or other ways to harm oneself
- Talking or writing about death, dying or suicide
- Hopelessness
- Rage, uncontrolled anger, seeking revenge
- Acting in a reckless or risky way
- Feeling trapped, like there is no way out
- Saying or feeling there's no reason for living.

CRISIS COUNSELING

The National Suicide Prevention lifeline is a 24-hour, toll-free suicide prevention hotline and is available to anyone in suicidal crisis. If you need help, please dial:

1-800-273-TALK (8255)

Call for yourself, or someone you care about. Your call is FREE and CONFIDENTIAL.

Why Should I Call the Lifeline?

From immediate suicide crisis to information about mental health, crisis centers in our network are equipped to take a wide range of calls. Some of the reasons to call 1-800-273-TALK include:

- Call to speak with someone who cares
- Call if you feel you might be in danger of hurting yourself
- Call to find referrals to mental health services in your area
- Call to speak to a crisis worker about someone you're concerned about

Ways To Be Helpful to Someone Who Is Threatening Suicide:*

- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture on the value of life.
- Get involved. Become available. Show interest and support.
- Don't dare him or her to do it.
- Don't act shocked. This will put distance between you.
- Don't be sworn to secrecy. Seek support.
- Offer hope that alternatives are available but do not offer glib reassurance.
- Take action. Remove means, such as guns or stockpiled pills.
- Get help from persons or agencies specializing in crisis intervention and suicide prevention.

Be Aware of Feelings:*

Many people at some time in their lives think about suicide. Most decide to live, because they eventually come to realize that the crisis is temporary and death is permanent. On the other hand, people having a crisis sometimes perceive their dilemma as inescapable and feel an utter loss of control. These are some of the feelings and thoughts they experience:

- Can't stop the pain
- Can't think clearly
- Can't make decisions
- Can't see any way out
- Can't sleep, eat or work
- Can't get out of depression
- Can't make the sadness go away
- Can't see a future without pain
- Can't see themselves as worthwhile
- Can't get someone's attention
- Can't seem to get control

If you experience these feelings, *get help!* If someone you know exhibits these symptoms, *offer help!*



NEED A RIDE?

Because so many sick and disabled Veterans lack transportation to and from VA medical facilities for needed treatment, the DAV (Disabled American Veterans) operates a nationwide transportation network to meet this need.

ARE YOU ELIGIBLE?

All Veterans are eligible to obtain transportation except for Veterans requiring oxygen or a wheelchair.

Spouses may be eligible to ride with Veterans if approved by their doctor.

IS DAV DISPATCH IN YOUR AREA?

Location	Phone #	Van Schedule
Buffalo Barb Austin	(417) 345-4035	Drives to Columbia every odd calendar day.
Cuba Charles Collier	(573) 885-1390	Mon-Fri
Jeff City/Columbia DAV	(573) 814-6000 ext. 56002	Mon-Fri
Kirksville	Bill Howard Drives for West of Hwy 63 (660) 665-1301 Cecil Shuey Drives for those living East of Hwy 63 (660) 956-4653	Odd Calendar Months- Van runs on odd numbered days Even Calendar Months- Van runs on even numbered days.
Springfield Terry Tabor	(417) 862-3910	Mon, Wed & Thurs
Waynesville DAV	(573) 814-6000 ext. 56002	Mon – Fri, or as needed





HOW DO I FILE A DISABILITY CLAIM?

Being released from active duty soon, or been separated within the past year? If you suffered any injuries or major illnesses while on active duty, or active duty for training (Reserves and National Guard), you are entitled to file a claim for disability compensation benefits with the U.S. Department of Veterans Affairs (VA), specifically within the Veterans Benefits Administration (VBA).

This is a completely separate and independent evaluation from anything the military did, or didn't do, prior to your separation. In other words, it doesn't matter whether the military found you fit for duty or not, or whether the military acknowledged any disability resulting from your injury or illness.

The point is that **receiving recognition for having a "service-connected" condition (disability) will establish your eligibility with VA for a number of important benefits that you may need in the future.** These benefits include medical care, monetary compensation and access to further education and retraining.

What you will need for making a claim with the VA, is a copy of your DD214 (separation from active duty), a copy of your service medical records, especially with regards to your claimed injury or illness, and some personal assistance in helping fill-out your claim application (strongly recommended!). [Consult with Service Officer]

If you don't have copies of your medical records, you will need to know the dates of treatment etc. VBA will then attempt to get these records from the military, with your permission.

Remember, the rating process is like a court of law, you have to prove your case, based on the evidence presented.

It's naturally much easier to pursue a claim now, than in 5 or 10 years. You'll be amazed at how much you forget and this hurts your chances of being successful.

If you file your claim within 1 year of your separation and you're successful, the effective date of benefits is your separation from active duty date. If you wait until after 1 year of your separation and you are successful, the effective date of benefits is the date that you first filed your claim.



FILING A DISABILITY CLAIM

First, choose a service officer to assist you with completing your claim:

Service Officers located at Truman VA and Hours of Operation

Dial: (573) 814-6000 and the extension of the service officer

- The American Legion
Art Ext. 56010 M – F 8a– 3p
- DAV – Disabled American Veterans
Pete/Dave Ext. 56002 M- Thurs 7:30a- 2:45p and Fri
7:30a– 1:30p
- VFW – Veterans of Foreign Wars
Sonny Ext. 56007 M- Thurs 9a – 4:30p
- Missouri Veterans Commission (located at 1500 Vandiver, Suite 107)
Eugene (573) 882-5135



. If you have an official copy of your military medical records, it is helpful to bring them as well. This process cannot be done over the phone, because your signature is needed on the paperwork to be filed.

TO FIND A SERVICE OFFICER IN YOUR AREA:

1-866-838-4636

National Service Officer Hotline

FACILITIES IN MISSOURI – VA HEARTLAND NETWORK (VISN 15)

Harry S. Truman Memorial Veterans' Hospital

800 Hospital Drive
Columbia, MO 65201
(573)814-6000 or (800)349-8262

Community Based Outpatient Clinics (CBOCs)	Address	Contact Information
Fort Leonard Wood VA Clinic	700 GW Lane St. Waynesville, MO 65583	(573)774-2285
Jefferson City VA Clinic	2707 W. Edgewood Jefferson City, MO 65109	(573)635-0233
Northeast Missouri Health Council – Kirksville VA Clinic	1510 North Crown Dr. Kirksville, MO 63501	(660)627-8387
Lake of the Ozarks VA Clinic	940 Executive Drive Osage Beach, MO 65065	(573)302-7890
Mexico VA Clinic/Missouri Veterans Home	One Veterans Drive Mexico, MO 65265	(573)581-9630
Saint James VA Clinic/Missouri Veterans Home	620 N. Jefferson Saint James, MO 65559	(573)265-0448
Sedalia VA Clinic	3320 West 10 th St Sedalia, MO 65301	(660)826-3800

Kansas City VA Medical Center

4801 Linwood Blvd.
Kansas City, MO 64128
(816)861-4700 or (800)525-1483

Community Based Outpatient Clinics (CBOCs)	Address	Contact Information
Belton VA Clinic	17140 Bel-Ray Place Belton, MO 64012	(816)922-2161
Cameron VA Clinic/Missouri Veterans Home	1111 Euclid Drive Cameron, MO 64429	(816)922-2500 ext. 54251
Louisburg-Paola VA Clinic	510 South Hospital Drive Paola, KS 66071	(816)922-2160
Nevada VA Clinic	322 South Prewitt Nevada, MO 64772	(417)448-8905
Warrensburg VA Clinic/Missouri Veterans Home	1300 Veterans Drive Warrensburg, MO 64093	(816)922-2500 ext. 54281

John J. Pershing VA Medical Center

1500 N. Westwood Blvd.

Poplar Bluff, MO 63901

(573)686-4151

Community Based Outpatient Clinics (CBOCs)	Address	Contact Information
Cape Girardeau VA Clinic	3047 Williams St., Suite 101 Cape Girardeau, MO 63701	(573)339-0909
Farmington VA Clinic	1580 W. Columbia St. Farmington, MO 63640	(573)760-1365
Paragould VA Clinic	1101 Morgan St. Paragould, AR 72450	(870)236-9756
Salem VA Clinic	Highway 72 North Salem, MO 65560	(573)729-6626 or (888)557-8262
West Plains VA Clinic	1211 Missouri Ave. West Plains, MO 65775	(417)448-8905

St. Louis VA Medical Center

Jefferson Barracks Division

1 Jefferson Barracks Drive

St. Louis, MO 63125

John Cochran Division

915 North Grand Blvd.

St. Louis, MO 63106

(314)652-4100 or (800)228-5459

Community Based Outpatient Clinics (CBOCs)	Address	Contact Information
Belleville VA Clinic	6500 W. Main St. Belleville, IL 62223	(618)398-2100 or (800)228-5459 ext. 56988
Missouri Veterans Clinic, North St. Louis County	10600 Lewis and Clark Blvd. St. Louis, MO 63136	(314)286-6988
St. Charles VA Clinic	7 Jason Court St. Charles, MO 63304	(314)286-6988

Vet Centers

Columbia	4040 Rangeline Columbia, MO 65202	(573)814-6206
Kansas City	301 East Armour Blvd. Kansas City, MO	(816)753-1866
Springfield	3616 S. Campbell Springfield, MO 65806	(417)881-4197
St. Louis	2901 Olive Blvd. St. Louis, MO 63103	(314)531-5355

Other VA Offices

St. Louis VA Regional Office (Veterans Benefits Administration)	400 South 18 th St. St. Louis, MO 63103	(800)827-1000
VA Records Management Center	4300 Goodfellow Blvd., Bldg. 104N St. Louis, MO 63120 Mailing Address: P. O. Box 5020 St. Louis, MO 63315	(314)538-4500

FACILITIES IN KANSAS – VA HEARTLAND NETWORK (VISN 15)
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Eastern Kansas VA Healthcare System

Leavenworth VA Medical Center

4101 S. 4th St. Trafficway
Leavenworth, KS 66048
(913)682-2000

Topeka VA Medical Center

2200 Gage Blvd.
Topeka, KS 66622
(785)350-3111

Community Based Outpatient Clinics (CBOCs)	Address	Contact Information
VA Outpatient Clinic, Neosho Memorial Medical Center	629 South Plummer Chanute, KS	(800)574-8387
Emporia VA Clinic	919 W. 12 th Ave., Suite D Emporia, KS	(800)574-8387
Fort Scott VA Clinic	902 Horton St. Fort Scott, KS 66701	(800)574-8387
VA Outpatient Clinic, Anderson County Hospital	421 South Maple Garnett, KS 66032	(800)574-8387
VA Outpatient Clinic, Holton Community Hospital	1110 Columbine Drive Holton, KS 66436	(800)574-8387
Junction City VA Outpatient Clinic	715 Southwind Drive	Within Junction City: (785)761-2007 Outside Junction City: (800)574-8387 ext. 54670

Wyandotte VA Outpatient Clinic	21 North 12 th St. Bethany Medical Building, Suite 110 Kansas City, KS 66102	(800)952-8387
Lawrence VA Outpatient Clinic	2200 Harvard Road Lawrence, KS 66049	Within Lawrence: (785)841-2957 Outside Lawrence: (800)574-8387 ext. 54650
VA Outpatient Clinic, Nemaha Community Hospital	1600 Community Drive Seneca, KS 66538	(800)574-8387
St. Joseph VA Outpatient Clinic	1314 North 36 th St., Suite A St. Joseph, MO	(800)952-8387

FACILITIES IN ILLINOIS – VA HEARTLAND NETWORK (VISN 15)

Marion VA Medical Center

2401 West Main St.
Marion, IL 62959
(618)997-5311

Community Based Outpatient Clinics (CBOCs)	Address	Contact Information
Effingham VA Outpatient Clinic	1901 S. 4 th St., Suite 21 Effingham, IL 62401	(217)347-7600
Evansville VA Health Care Center	6211 E. Waterford Blvd. Evansville, IN 47115	(812)465-6202
Hanson VA Outpatient Clinic	926 Veterans Drive Hanson, KY	(270)322-8019
Mayfield VA Outpatient Clinic	1253 Paris Rd., Suite A Mayfield, KY 42066	(270)247-2455
Mt. Vernon VA Outpatient Clinic	4105 N. Water Tower Place Mt. Vernon, IL 62864	(618)246-2910
Owensboro VA Outpatient Clinic	New Hartford Road Owensboro, KY 42301	(270)684-5034
Paducah VA Outpatient Clinic	2620 Perkins Creek Drive Paducah, KY 42001	(270)444-8465
Vincennes VA Outpatient Clinic	1813 Willow St., Suite 6A Vincennes, IN 47591	(812)882-0894