

AS OF APRIL 2007

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.



AS OF APRIL 2007

For additions, corrections, or edits
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At the information listed below

Phone: 802-775-0194
Fax: 802-775-0195
heather.hinckley@us.army.mil



AS OF APRIL 2007

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.



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



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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 Free VT 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

- 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

Viet nam veterans of America

- Chapter 1—Rutland 802-775-1745
- Chapter 601—Bennington 802-447-0407



Post 79—Thetford

Post 80—Island Pond802-723-6019

Post 82—Londonderry

Post 87—West Rutland802-438-5111

Post 88—Sheldon

Post 90—Pownal802-823-4626

Post 91—Colchester802-878-7757

Post 100—Montpelier

Veterans of foreign wars

Post 648—Rutland County Post, Rutland802-775-0722

Post 758—Robert E. Glidden Post802-527-0956

Post 765—Howard B. Perry Post, Hancock802-767-3715

Post 771—Robert L. Johnson Post, Springfield802-885-4271

Post 778—Charles P. Daprato Post, Swanton802-868-3687

Post 782—Howard Plant Post, Burlington802-862-7219

Post 790—MacKenzie-Webster Post, Barre

Post 792—Brown-Johnson Post, Montpelier802-229-9028

Post 793—Ralph J. Mollica Post, St. Johnsbury802-748-9065

Post 798—Alfred Pepin Post, Newport802-334-7717

Post 1034—Carl M. Dessaint Post, Brattleboro802-257-0438

Post 1332—Bennington County Post, Bennington

Post 1767—John Ryan Post, Winooski



Tilton Outpatient Clinic . . . 603-624-4366x5600 or 800-892-8384
139 Winter Street, 03276

Wolfeboro Outpatient Clinic 603-569-4336
138 North Main Street, 03894

Conway Outpatient Clinic 603-447-2555
7 Greenwood Avenue, 03818

NY - Glens Falls Outpatient Clinic 518-798-6066
84 Broad Street, 12801

Catskill Outpatient Clinic 518-943-7515
Suite A102, 159 Jefferson Heights, 12414

Malone Outpatient Clinic 518-481-2545
133 Park Street, 12953

Plattsburgh Outpatient Clinic 518-561-8310
43 Durkee Street, 12901

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

Troy Outpatient Clinic 518-274-7707
295 River Street, 12180

MA - Greenfield Outpatient Clinic 413-773-8428
143 Munson Street, 01301

New Bedford Outpatient Clinic 508-994-0217
174 Elm Street, 02740

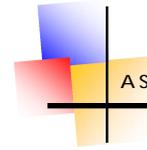
Pittsfield Outpatient Clinic 413-443-4857
73 Eagle Street, 01201

Springfield Outpatient Clinic 413-731-6000
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 Coordinator802-295-9363x5889
Jill Alger, MSW:
OIF/OEF Returning Veteran Case Manager802-295-9363x5094
Pam Tebo-Piccione:
Service Center Manager802-295-9363x5335
Michael Casey:
Veterans Service Representative802-295-9363x5324

OIF/OEF CASE 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, MSW866-687-8387x5094

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 Casey800-827-1000

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

Post 47—Canaan802-266-8160
 Post 48—Hartland
 Post 49—Fair Haven802-265-7983
 Post 50—Bomoseen802-468-8962
 Post 51—South Royalton
 Post 52—Wallingford
 Post 53—St. Johnsbury
 Post 55—Brandon802-247-5709
 Post 57—Milton
 Post 58—St. Johnsbury802-748-9737
 Post 59—Waterbury802-244-8144
 Post 60—Alburl802-796-3574
 Post 61—Chelsea802-875-6009
 Post 63—Northfield802-485-6713
 Post 64—Stowe
 Post 65—Swanton
 Post 66—Bethel
 Post 67—Chester
 Post 69—Arlington802-375-6157
 Post 75—Waitsfield
 Post 76—Barton
 Post 78—Newbury



Post 21—Newport802-334-6181

Post 23—Orleans 802-754-6540

Post 24—Woodstock 802-457-9400

Post 25—Windsor 802-674-9967

Post 26—White River Junction802-295-2886

Post 27—Middlebury

Post 28—North Troy

Post 29—Readsboro 802-423-7562

Post 30—Lyndonville 802-748-9862

Post 31—Rutland802-773-9777

Post 33—Morrisville802-888-4422

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

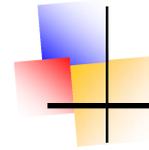
Post 42—Enosburg Falls 802-933-4142

Post 43—Rochester

Post 44—Manchester Center

Post 45—Williston

Post 46—Johnson



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.

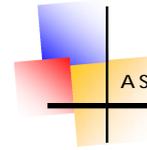
Pat Stender866-687-8387x6132

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



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/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	

VETERANS ORGANIZATIONS

American legion

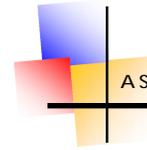
Post 1—St. Albans	802-524-5561
Post 2—Burlington	
Post 3—Montpelier	802-229-9043
Post 4—Proctorsville	
Post 5—Brattleboro	802-257-1872
Post 7—Hardwick	802-472-6143
Post 8—Norwich	
Post 9—Randolph	
Post 10—Barre	802-479-9058
Post 11—Woodstock	
Post 12—Richford	802-848-7704
Post 13—Bennington	802-442-8028
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	



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



AS OF APRIL 2007

- 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

1LT Lynette Villemare 802-388-3487



AS OF APRIL 2007

assistance resources to veterans and their families who are self-employed or who wish to start a business. Services are available statewide. <http://www.vtsbdc.org/>

Mark Blanchard 800-464-7232
145 Billings Farm Road, White River Jct., VT 05001
Email: mblanchard@vtsbdc.org

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 Boyden 802-872-2619
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 Rundell 802-442-6353
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.com>

Marcus Murphy 802-343-2501
Email: vtvettovet@comcast.net



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 Mulcahy 802-876-5315
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 Czermak 802-229-5447
P O Box 1017, Montpelier, VT 05601
Email: vpaed@comcast.net

Vermont small business development center

The SBDC can provide free business counseling and access to business



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



Brattleboro	802-254-4555
Mark Truhan	
Burlington	802-652-0338
Bob Whiteman and Brad Page	
Middlebury	802-388-4921
Brad Page	
Morrisville	802-888-1318
Tony Smith	
Newport	802-334-6545
Rutland	802-786-8836
Bob Lepenna	
St. Albans	802-524-6585
Ken Floyd	
St. Johnsbury	802-748-8836
Springfield	802-885-8898
Mark Truhan	
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 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
Jackie Smith, Caseworker
199 Main Street, Burlington, VT 05401
Email: jackie.smith@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
Steve Brochu
Bennington802-447-2865
Brian Vesper

Agency of human services

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

Vermont802-241-2220
New Hampshire603-271-8140
New York518-474-0683
Massachusetts617-348-8500

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 Case Manager

Baby-sitting services

See also child care, day care

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

Bereavement

See Grief

Career

See also Employment

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

Career advice for military spouseswww.military.com/MilitaryReport/0,12914,76237,00.html?ESRC=miltrep.hi

Cyberskills Vermont802-860-4057
Free computer classes www.cyberskillsvt.org

Military Spouse Career Centerwww.military.com/spouse

Military Spouses Career Network www.mscn.org

Vocational Rehabilitation Services
Vermont <http://vocrehabvermont.gov/>



AS OF APRIL 2007

Turning point club of bennington

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. We also have a game room with a ping table and a computer with internet access.

Sue Mason802-442-9700
465 Main Street, P O Box 454, Bennington, VT 05201
Email: turningpointclub@comcast.net

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'Keefe802-295-9363
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 Libertoff802-223-5252
P O Box 165, Montpelier, VT 05601
Email: vamh1@aol.com

VERMONT 211

A health and human services information and referral program of United Ways of VT. 211 Resource specialists maintain a resource database of over 600 agencies, 1700 programs, 4300 services for a wide range of human needs. Specialists provide the human touch, help solve problems, and stand ready to link veterans and military families with local, statewide, regional, and nationwide resources.

Vermont 211211
95 St. Paul Street, Suite 210, Burlington, VT 05401



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

Pave benningt on

PAVE offers a 24/7 confidential hotline, court advocacy, supervised visita-
 tion, 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 special-
 izing 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
 P O Box 1517, Bennington, VT 05201
 Email: Linda.bccca@comcast.net

St at e benefit s advisor

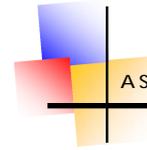
Employed by the National Guard Bureau to assist deploying soldiers,
 newly discharged veterans, and soldiers on medical hold with information
 about VA benefits, compensation, education, vocational rehabilitation, life
 insurance, home loans, and burial benefits.

Ronnie LaBounty 802-338-3473
 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/

Robin T. Castle 802-241-3719
 103 South Main Street, Weeks 2A, Waterbury, VT 05761
 Email: robin.castle@dail.state.vt.us



New Hampshire 603-271-3494
 New York 800-222-JOBS (5627)
 Massachusetts 617-210-5480

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-dodgol.org/MCY/

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

Children and adolescent s

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.

Military Impacted Schools Association
www.militaryimpactedschoolsassociation.org



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 - Maura McGowan Yanosick 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



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

Larry Lewack 802-244-1396

132 South Main Street, Waterbury, VT 05676

Email: 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



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



AS OF APRIL 2007

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
[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



- 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

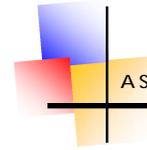
Dental

- 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
- SSG 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



Brain injury association of Vermont

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

Sheila Tourangeau 877-856-1772
P O Box 226, Shelburne, VT 05482
biaavtinfo@comcast.net

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

See Veteran Service Organizations



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 Johnson	802-241-4556
scott.johnson@ahs.state.vt.us	
St. Albans/Morrisville—Wendi-Sue Allard	802-888-2536
wendisuea@wpgate1.ahs.state.vt.us	
Newport—Rever Kennedy	802-334-3915
rever.kennedy@ahs.state.vt.us	
St. Johnsbury—Greg MacDonald	802-751-0168
gregory.macdonald@ahs.state.vt.us	
Barre—Don Mandelkorn	802-479-7594
don.mandelkorn@ahs.state.vt.us	
Hartford—Sara Kobylenski	802-295-4115
sara.kobylenski@ahs.state.vt.us	
Burlington—Mark Schroeter	802-863-7403
mark.schroeter@ahs.state.vt.us	
Middlebury—Frank Mazza	802-388-3146
frankm@wpgate1.ahs.state.vt.us	
Rutland—Richard Giddings	802-786-5817
richard.giddings@dcf.state.vt.us	
Bennington—Bob Hanaan	802-447-6960
bob.hanaan@dail.state.vt.us	
Brattleboro—John Swartz	802-257-2573
john.swartz@ahs.state.vt.us	
Springfield—Jeanne Neal/Bob Brickey	802-885-8860
jeannen@wpgate1.ahs.state.vt.us	
bobb@wpgate1.ahs.state.vt.us	

American legion

See Veteran's Organizations



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 fos
ter 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 educa
tional 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/dpclatters/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.hl

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 APRIL 2007

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

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

This book was compiled by the National Center for PTSD, the Department of Veterans Affairs, the Vermont Vet Centers, and the Family Readiness Program of the Vermont Armed Services.



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

Michael Bourgeois, Swanton 802-868-7927
 Cell 802-309-0507
michael.bourgeois@us.army.mil

Joyce Cloutier, Berlin 802-223-2975
 Cell 802-310-0876
joyce.cloutier@us.army.mil

Mary Blow, Colchester 802-338-3076
 Cell 802-999-7203
mary.e.blow@us.army.mil

Wayne Boyce, Lyndonville 802-626-8130
 Cell 802-310-0875
wayne.boyce@us.army.mil

Heather Greene Hinckley, Rutland 802-775-0194
 Cell 802-310-0879
heather.hinckley@us.army.mil

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.

New Hampshire 800-472-0328

Kelly Loring, Concord 603-225-1828
 Cell 603-724-7111

Shirley Briggs, Littleton n/a

New York 877-715-7817

Dyette Putnam, Latham 518-786-4656

Massachusetts 888-301-3103x7358

Jill Rita Braceland, Wellesley 508-522-7230

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



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



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



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

Operation Comfort 866-632-7868
 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 Churchill 802-388-3228
 Mr. Larry Smith 802-338-3195
 Mr. Jeffrey Greenman 802-338-3226

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 Cross 877-287-7971
 Website www.redcross.org
 Worldwide communication and support, interest free loans, and more.



Food subsidies

See Subsidies

Grief/ber eavement

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 - [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
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 84 Broad Street, 12801
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 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

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-dodgol.org/MCY/

FINANCIAL

Economic Services Division 800-775-0503

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

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

Subst ance 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
 Women with children substance abuse support



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

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

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

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 agen-
cies, 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 mili-
tary 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

Housing subsidies

See also Subsidies

Burlington Housing Authority 802-864-0538

Insurance

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
Family Service members Group Life Insurance

VA Benefits www1.va.gov/health_benefits/



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



- 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

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 Free VT 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
- 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



White River Junction802-295-2908
Toll Free 800-649-6603
Gilman Office Complex #2, 222 Holiday Inn Drive, 05001

NH - Auburn603-623-4204
15 Dartmouth Drive, Suite 204, 03032
Manchester603-668-7060
103 Liberty Street, 03104

NY - Catskill518-943-7515
Suite A102, 159 Jefferson Heights, 12414
Clifton Park518-383-8506
1673 Route 9, 12065
Fonda518-853-1247
2623 State Highway 30A, 12068
Glens Falls518-798-6066
84 Broad Street, 12801
Malone518-481-2545
133 Park Street, 12953
Plattsburgh518-561-8310
43 Durkee Street, Suite 300, 12901
Schenectady518-346-3334
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 Burlington802-862-1806
359 Dorset Street, 05401

White River Junction802-295-2908
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103 Liberty Street, 03104

NY - Catskill518-943-7515
Suite A102, 159 Jefferson Heights, 12414
Clifton Park518-383-8506
1673 Route 9, 12065
Fonda518-853-1247
2623 State Highway 30A, 12068
Glens Falls518-798-6066
84 Broad Street, 12801
Malone518-481-2545
133 Park Street, 12953
Plattsburgh518-561-8310
43 Durkee Street, Suite 300, 12901
Schenectady518-346-3334
1322 Gerling Street, Sheridan Plaza, 12308
Troy518-274-7707
295 River Street, 12180